

## Acorn Squash

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	acorn squash (1 1/2 to 2 pounds)
1	tablespoon	margarine

Preparing for Cooking: Wash squash. Cut lengthwise in half. You will need to do this on a cutting board and using your biggest knife because the shell is quite tough. Scrape out the seeds and fibers with a soup spoon.

Baking: Heat the oven to 400°. Place squash, cut sides up, in a baking dish. Sprinkle cut sides with salt and pepper. Place small dabs of margarine or butter over cut surface and in cavity, using about 1 tablespoon margarine for each squash. Pour water into baking dish until it is about 1/4 inch deep. Cover with aluminum foil. The squash will probably be taller than the baking dish, so the foil may touch the squash.

Bake 30 to 40 minutes or until tender when pierced with a fork. When removing the foil to test for doneness, open a side of the foil away from you to allow steam to escape. Lift the squash from the baking dish with a large spoon or spatula. Scrape the cooked squash out of the shell and into a serving dish.

Microwaving: Pierce whole squash with knife in several places to allow steam to escape. Place on paper towel. Microwave 4 to 6 minutes or until squash is hot and rind is firm but easy to cut; cool slightly. Carefully cut in half; remove seeds. Arrange halves, cut sides down, on 10-inch plate. Cover and microwave 5 to 8 minutes or until squash is tender when pierced by knife.

1 1/2 to 2 pounds is enough for 4 servings

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Per serving: 77 Calories (kcal); 3g Total Fat; (31% calories from fat); 1g Protein; 14g Carbohydrate; 0mg Cholesterol; 37mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : When Shopping: Look for hard, tough rinds with no soft spots. The squash should feel heavy for its size.

#### Tips

Use a glass baking dish if possible. If you use a metal pan, the water may leave a dark mark on it.

For more flavor, mash the cooked squash with a fork, then stir in about 1 tablespoon margarine or butter and 1 tablespoon packed brown sugar.

Nutr. Assoc. : 2017 0

\* Exported from MasterCook \*

### Apple Crisp

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 6 Desserts  
Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
4	medium	Shortening to grease pan tart cooking apples, such as Granny Smith, Wealthy or Rome Beauty
2/3	cup	packed brown sugar
1/2	cup	all-purpose flour
1/2	cup	quick-cooking or old-fashioned oats
1/3	cup	margarine or butter at room temperature
3/4	teaspoon	ground cinnamon
3/4	teaspoon	ground nutmeg
		Half-and-half or ice cream -- if desired

Heat the oven to 375°. Grease the bottom and sides of the pan with the shortening.

Peel the apples if desired. Cut the apple into fourths, and remove seeds. Cut each fourth into slices. You will need about 4 cups of apple slices. Spread the slices in the greased pan.

Mix the brown sugar, flour, oats, margarine, cinnamon and nutmeg with a fork. The mixture will be crumbly. Sprinkle this mixture evenly over the apples.

Bake about 30 minutes or until the topping is golden brown and the apples are tender when pierced with a fork. Serve warm with half-or-half or ice cream.

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T(Bake):

"0:30"

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Per serving: 290 Calories (kcal); 11g Total Fat; (32% calories from fat); 3g Protein; 47g Carbohydrate; 0mg Cholesterol; 130mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 Fat; 1 1/2 Other Carbohydrates

NOTES : Essential Equipment: 8-inch square pan or 9-inch round pan

Blueberry Crisp: Substitute 4 cups fresh or frozen blueberries for the apples. If using frozen blueberries, thaw and drain them first.

Cherry Crisp: Substitute a 21-ounce can cherry pie filling for the apples.

#### Tips

Many varieties of apples are available. The ones used for cooking and baking remain flavorful and firm when baked.

Use a vegetable peeler to peel apples. Doing so is quick, and the peeler removes just a thin skin.

Nutr. Assoc. : 0 3545 0 0 20223 4098 0 0 0

\* Exported from MasterCook \*

### Asparagus

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Chapter 5

Side Dishes

On the Side

Vegetables

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	asparagus

Preparing for Cooking: Break off and discard the tough ends of the asparagus stalks where they snap easily. Wash asparagus thoroughly, including the tips, to remove any sandy soil. Remove the scales if sandy

or tough. If stalk ends are quite large, peel about 2 inches of the end with a vegetable peeler, so they will be more tender after cooking.

Boiling: Add 1 inch of water (and 1/4 teaspoon salt if desired) to a large skillet (about 10-inch size). Cover and heat to boiling over high heat. Add asparagus spears. Cover and heat to boiling again. Once water is boiling, reduce heat just enough so water bubbles gently. Cook covered 8 to 12 minutes or until crisp-tender when pierced with a fork. Thinner, young asparagus will cook more quickly than the more mature, thicker stalks. Lift asparagus from water with tongs, allowing extra water to drip off.

Steaming: Place a steamer basket in 1/2 inch of water in a skillet or saucepan. The water should not touch the bottom of the basket. Place asparagus spears in basket. Cover tightly and heat to boiling over high heat. Once water is boiling, reduce heat to low. Steam covered 6 to 8 minutes or until crisp-tender when pierced with a fork.

Microwaving: Place asparagus spears and 1/4 cup water in an 8-inch square microwavable dish. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on High 6 to 9 minutes, rotating dish 1/2 turn after 3 minutes, until crisp-tender when pierced with a fork. Let stand covered 1 minute; drain in a strainer.

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Per serving: 21 Calories (kcal); trace Total Fat; (5% calories from fat); 2g Protein; 4g Carbohydrate; 0mg Cholesterol; 2mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : 1 1/2 pounds is enough for 4 servings

When Shopping: Look for smooth, firm, medium-size spears with tightly closed tips. Cover stem ends with damp paper towel, wrap airtight and store in the refrigerator up to 3 days.

Nutr. Assoc. : 26511

\* Exported from MasterCook \*

Au Gratin Potatoes

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Potatoes Side Dishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
		Cooking spray
2	pounds	potatoes (about 6 medium)
1	small	onion
2	tablespoons	margarine or butter
1	tablespoon	all-purpose flour
1/2	teaspoon	salt
1/4	teaspoon	pepper
2	cups	milk
2	cups	shredded natural sharp Cheddar cheese (8 ounces)
1/4	cup	dry bread crumbs

Heat the oven to 375°. Spray the casserole with cooking spray. Scrub the potatoes thoroughly with a vegetable brush. Peel the onion, and chop into very small pieces.

Melt the margarine in the saucepan over medium heat. Cook the onion in the margarine about 2 minutes, stirring occasionally, until softened.

Stir in the flour, salt and pepper. Cook 1 to 2 minutes, stirring constantly, until smooth and bubbly. Remove the saucepan from the heat.

Stir in the milk. Heat to boiling over medium heat, stirring constantly. Continue boiling 1 minute, stirring constantly. Remove the saucepan from the heat. Stir in 1 1/2 cups of the cheese until it is melted.

Peel the potatoes if you like, but peeling is not necessary. Cut the potatoes into enough thin slices to measure about 6 cups. Spread half the slices in the sprayed casserole. Pour half the sauce over the potatoes. Repeat with the remaining potatoes and sauce.

Bake uncovered 1 hour. Remove the casserole from the oven. Sprinkle with the bread crumbs and remaining 1/2 cup cheese. Bake uncovered about 10 minutes longer or until cheese is melted and potatoes are tender when pierced with a fork. Let stand 5 minutes before serving.

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T(Baking Time):  
"1:10"

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Per serving: 385 Calories (kcal); 19g Total Fat; (44% calories from fat); 16g Protein; 37g Carbohydrate; 51mg Cholesterol; 545mg Sodium  
Food Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

NOTES : Let Stand: 5 minutes

Essential Equipment: shallow 2-quart casserole or 8-inch square baking dish; medium saucepan (about 2-quart size)

#### Tips

The sauce may separate a bit after the potatoes bake. Cool, and the flavor will be just as good.

To measure the capacity of your casserole dish, fill it with water using a measuring cup. A 2-quart casserole will hold 8 cups of water.

Nutr. Assoc. : 0 4600 0 4098 0 0 0 0 26017 0

\* Exported from MasterCook \*

### Baked Fish Fillets

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
		Shortening to grease pan
1	pound	lean fish fillets -- about 3/4 inch thick
3	tablespoons	margarine or butter -- melted
1	tablespoon	lemon juice
1/4	teaspoon	salt
1/4	teaspoon	paprika

Heat the oven to 375°. Grease the bottom of the baking pan with the shortening.

Cut the fish fillets into 4 serving pieces if needed. Place the pieces, skin sides down, in the greased pan.

Mix the margarine, lemon juice, salt and paprika. Drizzle this mixture over the fish.

Bake uncovered 15 to 20 minutes or until the fish flakes easily with a fork.

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T(Bake):

"0:15"

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Per serving: 245 Calories (kcal); 16g Total Fat; (59% calories from fat); 24g Protein; 1g Carbohydrate; 66mg Cholesterol; 292mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Bake: 15 to 20 minutes

Essential Equipment: shallow baking pan, such as 11 x 7-inch rectangle or 8-inch square

Fish is easy to fix and so good for you. Fish is available whole, drawn and pan-dressed, but you'll find it most often in steaks or fillets. You can purchase fish fresh or frozen. When you select fresh fish, the scales should be bright with a sheen, the flesh should be firm and elastic and there should be no odor. Frozen fish should be tightly wrapped and frozen solid; there should be no discoloration and no odor.

Cuts of Fish

Fish steaks are the cross section of a large pan-dressed fish. Steaks are 1/2 to 3/4 inch thick. Allow 1/4 to 1/3 pound per serving.

Fish fillets are the sides of the fish, cut lengthwise from the fish. They can be purchased with or without skin. Fillets usually are boneless; however, small bones, called pins, may be present.

Allow 1/4 to 1/3 pound per serving.

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### Baked Flounder Teriyaki

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Chapter 3

Poultry & Seafood Main Dishes

Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
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		Cooking spray

1 1/2	pounds	flounder (about 6 small fillets) or other lean fish fillets
1	medium	green onion with top
2	cloves	garlic
1/3	cup	dry sherry
		OR
1/3	cup	apple juice
3	tablespoons	lemon juice
2	teaspoons	finely chopped gingerroot
1	teaspoon	vegetable oil
2	teaspoons	honey
1/4	teaspoon	pepper

Spray the rectangular pan with cooking spray. Cut the fish fillets into 6 serving pieces if needed. Place the pieces in the sprayed pan. If the pieces have skin, place with skin sides down.

Peel and cut the green onion into 1/8-inch slices. Peel and finely chop the garlic.

Mix the onion, garlic, sherry, lemon juice, gingerroot, oil, honey and pepper. Spoon this mixture over the fish.

Fish fillets are naturally uneven in thickness, so for even cooking, fold the thin end under before you spoon onion mixture over fish. Cover with aluminum foil and refrigerate 1 hour.

Heat the oven to 375°. Bake covered 15 to 20 minutes or until the fish flakes easily with a fork.

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T(Refrigerate):

"1:00"

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Per serving: 127 Calories (kcal); 2g Total Fat; (12% calories from fat); 20g Protein; 3g Carbohydrate; 49mg Cholesterol; 63mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with Sautéed Mushrooms (see Mushrooms recipe) and Asparagus (see recipe) for a light and healthful supper.

NOTES : Bake: 20 minutes



Essential Equipment: 13 x 9-inch rectangular pan

#### Tips

You can substitute other lean fish, such as halibut, orange roughy, ocean perch, red snapper or scrod, for the flounder.

Nutr. Assoc. : 0 2747 26402 0 0 0 2130706543 0 26086 0 0 0

\* Exported from MasterCook \*

### Baked Potato Wedges

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Potatoes Side Dishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3/4	teaspoon	salt
1/2	teaspoon	sugar
1/2	teaspoon	paprika
1/4	teaspoon	ground mustard (dry)
1/4	teaspoon	garlic powder -- if desired
3	medium	baking potatoes (russet or Idaho), 8 to 10 ounces each
		Cooking spray

Heat the oven to 425°. Mix the salt, sugar, paprika, mustard and garlic powder in a small bowl or measuring cup.

Scrub the potatoes thoroughly with a vegetable brush, but do not peel. Cut each potato lengthwise in half. Turn potatoes cut sides down, and cut each half lengthwise into 4 wedges. Place potato wedges, skin sides down, in the pan.

Spray the potato wedges with cooking spray until lightly coated. Sprinkle with the salt mixture.

Bake uncovered 25 to 30 minutes or until potatoes are tender when pierced with fork. The baking time will vary, depending on the size and type of the potato used.

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T(Bake) :  
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Per serving: 76 Calories (kcal); trace Total Fat; (1% calories from fat); 2g Protein; 17g Carbohydrate; 0mg Cholesterol; 405mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: rectangular pan (about 13 × 9 inches)

Tips

For recipe success, cut up potatoes just before using, or the cut sides will turn brown.

Use russet or Idaho potatoes because they are best for baking.

Nutr. Assoc. : 0 0 0 518 0 26314 0

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Baked Potatoes

Recipe By :  
Serving Size : 1 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Potatoes

Amount	Measure	Ingredient -- Preparation Method
1		or more medium baking potatoes (russet or Idaho) -- all about the same size Margarine or butter -- if desired Sour cream or plain yogurt -- if desired

Heat the oven to 375°. Scrub the potatoes thoroughly with a vegetable brush, but do not peel.

Pierce the potatoes on all sides with a fork to allow steam to escape while the potatoes bake. Place potatoes directly on the oven rack.

Bake 1 hour to 1 hour 15 minutes or until potatoes feel tender when squeezed gently. Be sure to use a pot holder because potatoes will be very hot to the touch.

To serve, cut an X in the top of each potato. Gently squeeze potato from the bottom to force the potato open. Serve with margarine or sour cream.

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T(Bake) :  
"1:15"

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Per serving: 96 Calories (kcal); trace Total Fat; (1% calories from fat); 3g Protein; 22g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: nothing special

To Microwave 4 potatoes: Scrub the potatoes thoroughly with a vegetable brush, but do not peel. Pierce potatoes on all sides with a fork to allow steam to escape while the potatoes cook. Arrange potatoes about 2 inches apart in a circle on a microwavable paper towel in microwave oven. Microwave uncovered on High 11 to 13 minutes, turning potatoes over after 6 minutes, until tender when squeezed gently. Be sure to use a pot holder because potatoes will be very hot to the touch. Let stand uncovered 5 minutes. Continue with step 4

#### Tips

The bake time and oven temperature for baking potatoes can be adjusted so that other foods can be baking in the oven at the same time. Bake potatoes in a 350° oven 1 hour 15 minutes to 1 hour 30 minutes, in a 325° oven about 1 hour 30 minutes.

If potatoes are wrapped in aluminum foil before being baked, the steam cannot escape during baking, so the potatoes will be gummy instead of fluffy.

Nutr. Assoc. : 3740 0 0

\* Exported from MasterCook \*

### Barbecued Ribs

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Chapter 2  
Pork Main Dishes

Amount	Measure	Ingredient -- Preparation Method
4 1/2	pounds	pork spareribs Spicy Barbecue Sauce -- (recipe follows)
		SPICY BARBECUE SAUCE
1/3	cup	margarine or butter
2	tablespoons	white vinegar
2	tablespoons	water
1	teaspoon	sugar
1/2	teaspoon	garlic powder
1/2	teaspoon	onion powder
1/2	teaspoon	pepper
	Dash	ground red pepper (cayenne)

Heat the oven to 325°.

Using a sharp knife or kitchen scissors, cut the ribs into 6 serving pieces. Place the ribs, meaty sides up, in the roasting pan.

Bake uncovered 1 hour. While the ribs are baking, prepare Spicy Barbecue Sauce.

Coat the ribs liberally with sauce, using a pastry brush. Turn ribs with tongs, and brush the other side. Bake uncovered about 45 minutes longer, brushing frequently with sauce, until tender.

#### SPICY BARBECUE SAUCE:

Heat all ingredients in the saucepan over medium heat, stirring frequently, until margarine is melted. Or microwave all ingredients in a 1-cup microwavable measuring cup on high about 30 seconds or until margarine is melted.

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T(Bake):

"1:45"

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Per serving: 634 Calories (kcal); 51g Total Fat; (72% calories from fat); 41g Protein; 2g Carbohydrate; 125mg Cholesterol; 269mg Sodium  
Food Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : To serve sauce with ribs, heat any remaining sauce to boiling, stirring constantly. Continue boiling 1 minute, stirring constantly.

Serve with Creamy Coleslaw (see recipe) and crusty rolls from your favorite bakery.

NOTES : Essential Equipment: shallow roasting pan (about 13 × 9-inch rectangle); 1-quart saucepan or 1 cup microwavable measuring cup

Country-Style Saucy Ribs: Use 3 pounds pork country-style ribs. Cut the ribs into 6 serving pieces. Place in 13 × 9-inch rectangular pan. Cover with aluminum foil and bake at 325° for 2 hours; drain. Pour Spicy Barbecue Sauce over the ribs. Bake uncovered about 30 minutes longer or until tender.

Nutr. Assoc. : 9128 0 0 0 4098 0 0 0 0 0 0 3624

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## Beef Stew

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Chapter 2  
Soups and Stews

Amount	Measure	Ingredient -- Preparation Method
1	pound	beef boneless chuck, tip or round roast
1	tablespoon	vegetable oil or shortening
3	cups	water
1/2	teaspoon	salt
1/8	teaspoon	pepper
2	medium	carrots
1	large	potato
1	medium	green bell pepper
1	medium stalk	celery
1	small	onion
1	teaspoon	salt
1		dried bay leaf
1/2	cup	cold water
2	tablespoons	all-purpose flour

Cut and discard most of the fat from the beef. Cut the beef into 1-inch cubes.

Heat the oil in the skillet over medium heat 1 to 2 minutes. Cook the beef in the oil about 15 minutes, stirring occasionally, until brown on all sides (Browning helps develop the flavor of the stew).

Remove the skillet from the heat, then add the water, 1/2 teaspoon salt and the pepper. Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook 2 to 2 1/2 hours or until beef is almost tender.

Peel the carrots, and cut into 1-inch pieces. Scrub the potato thoroughly with a vegetable brush, but do not peel. Cut the potato into 1 1/2-inch pieces. Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Cut the bell pepper into 1-inch pieces. Cut the celery into 1-inch pieces. Peel and chop the onion; cut in half.

Stir the vegetables, 1 teaspoon salt and bay leaf into the beef mixture. Cover and cook about 30 minutes or until vegetables are tender when pierced with a fork. Remove and discard bay leaf.

Shake the cold water and flour in a tightly covered jar or container. Gradually stir this mixture into beef mixture. Heat to boiling over high heat, stirring constantly. Continue boiling 1 minute, stirring constantly, until thickened.

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T(Cook):

"3:20"

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Per serving: 332 Calories (kcal); 19g Total Fat; (50% calories from fat); 24g Protein; 17g Carbohydrate; 74mg Cholesterol; 895mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 12-inch skillet or Dutch oven (about 4-quart size)

#### Tips

To save time, use a 16-ounce bag of frozen mixed vegetables instead of the carrots, potato, bell pepper, celery and onion. There's no need to thaw the vegetables; just stir them into the beef mixture in step 5.

To save time, cut up the vegetables about 1 hour in advance, putting the potato pieces in cold water to keep them from turning brown.

Nutr. Assoc. : 2223 1563 0 0 0 2495 0 0 0 0 0 26370 0 0

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### Beef Stroganoff

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Beef Main Dishes  
Chapter 2

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	beef boneless top loin steak -- about 1 inch thick
2	tablespoons	margarine or butter
		Hot Cooked Noodles -- (below)
1	clove	garlic
1 1/2	cups	beef broth
2	tablespoons	ketchup
1	teaspoon	salt
1	medium	onion
1/2	pound	mushrooms
3	tablespoons	all-purpose flour

1	cup	sour cream
		OR
1	cup	plain yogurt
		HOT COOKED NOODLES
6	cups	water
3	cups	uncooked egg noodles (6 ounces)

Cut the beef across the grain into about 1/8-inch strips. Cut longer strips crosswise in half.

Melt the margarine in the skillet over medium-high heat. Cook the beef in the margarine 8 to 10 minutes, stirring occasionally, until brown. While the beef is cooking, heat the water for Hot Cooked Noodles and continue with step 3.

Peel and finely chop the garlic. Reserve 1/3 cup of the beef broth. Stir the remaining broth, the ketchup, salt and garlic into beef. Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook about 10 minutes or until beef is tender.

While the beef is cooking, peel and chop the onion and cut the mushrooms into slices (Rinse mushrooms, and cut off the stem ends. Cut mushrooms into 1/4-inch slices). Finish preparing the noodles.

Stir the onion and mushrooms into the beef mixture. Cover and cook about 5 minutes or until onion is tender.

Shake the reserved 1/3 cup beef broth and the flour in a tightly covered jar or container. Gradually stir this mixture into beef mixture. Heat to boiling over high heat, stirring constantly. Continue boiling 1 minute, stirring constantly, until thickened. Reduce heat just enough so mixture bubbles gently.

Stir in the sour cream. Cook until hot, but do not heat to boiling or the mixture will curdle. Serve over noodles.

#### HOT COOKED NOODLES:

Heat water to boiling in the saucepan over high heat. Stir in the noodles. Boil vigorously 8 to 10 minutes, stirring occasionally to prevent sticking, until noodles are tender. Boiling vigorously allows pasta to move freely so it cooks evenly, but watch carefully so the water doesn't boil over. Drain noodles in a strainer or colander.

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 T(Cook):  
 "0:20"

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Per serving: 401 Calories (kcal); 19g Total Fat; (43% calories from fat); 33g Protein; 24g Carbohydrate; 112mg Cholesterol; 874mg Sodium  
 Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 10-inch skillet; 3-quart saucepan

#### Tips

For a bit of color and fresh flavor, sprinkle freshly chopped parsley over the noodles.

For a more flavorful and exotic version, use chanterelle, morel or shiitake mushrooms instead of regular white mushrooms.

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### Beef with Pea Pods

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Beef and Pork Main Dishes Beef Main Dishes  
 Chapter 2

Amount	Measure	Ingredient -- Preparation Method
1	pound	beef boneless sirloin steak
1	clove	garlic
		Hot Cooked Rice -- (below)
1	tablespoon	vegetable oil
1/4	teaspoon	salt
	Dash	pepper
2/3	cup	beef broth
1	tablespoon	cornstarch
2	tablespoons	water
1	tablespoon	soy sauce
1	teaspoon	finely chopped gingerroot
		OR
1/4	teaspoon	ground ginger
1	(6 ounce) package	frozen snow (Chinese) pea pods -- thawed*
		HOT COOKED RICE
1	cup	uncooked regular long-grain white rice
2	cups	water

Cut and discard most of the fat from the beef. Cut the beef with the grain into 2-inch strips, then cut the strips across the grain into 1/4-inch slices. Peel and finely chop the garlic.



Prepare Hot Cooked Rice. While the rice is cooking, continue with the recipe.

Heat the skillet over high heat 1 to 2 minutes. Add the oil to the hot skillet. If using a wok, rotate it to coat the side with oil. Add the beef and garlic to the skillet. Stir-fry with a turner or large spoon about 3 minutes, lifting and stirring constantly, until beef is brown.

Sprinkle salt and pepper over beef, and stir in the broth. Heat to boiling over high heat.

Mix the cornstarch, water and soy sauce, and stir into the beef mixture. Cook, stirring constantly, until the mixture thickens and boils. Continue boiling 1 minute, stirring constantly. The sauce will be thin.

Stir in the gingerroot and pea pods. Cook uncovered about 2 minutes, stirring occasionally, until pea pods are crisp-tender when pierced with a fork. Serve over rice.

#### HOT COOKED RICE:

Heat the rice and water to boiling in the saucepan over high heat, stirring occasionally to prevent sticking. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook about 15 minutes or until rice is fluffy and tender.

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#### T(Cook):

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Per serving: 395 Calories (kcal); 9g Total Fat; (22% calories from fat); 32g Protein; 43g Carbohydrate; 66mg Cholesterol; 676mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 2-quart saucepan; 10-inch skillet or wok

Lighter Beef with Pea Pods: For 4 grams of fat and 320 calories per serving, omit the oil and use a nonstick skillet or wok. Spray the room-temperature skillet or wok with cooking spray before heating in step 3.

Tips

For easy preparation, place beef in the freezer for 1 hour before slicing; it will be easier to slice when partially frozen.

For more flavor, use any leftover beef broth to replace part of the water used for cooking the rice.

\*Place frozen pea pods in a strainer, then run cold water over them until the pea pods can be separated easily.

Nutr. Assoc. : 2228 0 2130706543 0 0 0 0 0 0 0 26086 0 2130706543 3453 0 0  
20107 0

\* Exported from MasterCook \*

### Black Bean Soup

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 4 Pasta & Meatless Main Dishes  
Soups and Stews

Amount	Measure	Ingredient -- Preparation Method
1	medium	onion
1	large clove	garlic
1	medium	carrot
1	medium stalk	celery
		Parsley sprigs
1	slice	bacon
1	(14 1/2 ounce) can	ready-to-serve chicken broth
1/2	teaspoon	dried oregano leaves
1/2	teaspoon	crushed red pepper
1	(15 ounce) can	black beans
4		lemon wedges

Peel and chop the onion. Peel and finely chop the garlic. Peel and coarsely chop the carrot. Coarsely chop the celery.

Rinse sprigs of parsley with cool water, and pat dry with a paper towel. Chop enough parsley leaves into small pieces on a cutting board using a chef's knife to measure about 2 tablespoons, or place the leafy portion of the parsley in a small bowl or cup and snip into very small pieces with kitchen scissors. Discard the stems.

Cut bacon slice crosswise into 1/2-inch strips. Cook the bacon strips in the saucepan over medium heat 1 minute, stirring constantly. Do not drain.

Add the onion and garlic to the bacon. Cook about 5 minutes, stirring frequently, until onion is tender when pierced with a fork and beginning to turn yellow. Bacon will still be soft. Remove the saucepan from the heat.

Stir in the chicken broth, carrot, celery, parsley, oregano and red pepper. Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook 10 minutes.

While broth mixture is cooking, drain the black beans in a strainer, and

rinse with cool water.

Measure out 1/2 cup of the beans. Place the 1/2 cup beans in a small bowl, and mash them with a fork.

Stir the whole beans and the mashed beans into the broth mixture. Cook about 1 minute or until beans are heated. Serve soup with lemon wedges.

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T(Cook):

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Per serving: 131 Calories (kcal); 2g Total Fat; (15% calories from fat); 7g Protein; 20g Carbohydrate; 1mg Cholesterol; 993mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: medium or large saucepan (2- or 3-quart size)

#### Tips

To make this a meatless soup, substitute 1 tablespoon vegetable oil for the bacon, and use vegetable broth instead of chicken broth.

The bacon will be easier to cut up if you place it in the freezer for 5 minutes first.

Before adding the chicken broth, remove the saucepan containing the hot bacon fat and onion from the heat to prevent spattering and steam.

Nutr. Assoc. : 0 0 0 0 0 0 322 3133 0 578 3904

\* Exported from MasterCook \*

#### Blueberry Muffins

Recipe By :  
Serving Size : 12 Preparation Time :0:00  
Categories : Breads  
On the Side

Chapter 5

Amount	Measure	Ingredient -- Preparation Method
		-----
		Shortening to grease muffin cups
1	cup	fresh blueberries
		OR
1	cup	canned blueberries
1	cup	milk
1/4	cup	vegetable oil
1/2	teaspoon	vanilla
1		egg
2	cups	all-purpose flour
		OR
2	cups	whole wheat flour
1/3	cup	sugar
3	teaspoons	baking powder
1/2	teaspoon	salt

Heat the oven to 400°. Grease just the bottoms of 12 regular-size muffin cups with the shortening, or line each cup with a paper baking cup.

If using canned blueberries, drain them in a strainer. Rinse fresh or canned blueberries with cool water, and discard any crushed ones. Break off any stems.

Beat the milk, oil, vanilla and egg in a large bowl with a fork or wire whisk until well mixed. Stir in the flour, sugar, baking powder and salt all at once just until the flour is moistened. The batter will be lumpy. If the batter is mixed too much, the muffins will have high peaks instead of being rounded.

Carefully stir in the blueberries.

Spoon the batter into the greased muffin cups, dividing batter evenly among them. You can use an ice-cream scoop for this if you have one.

Bake 20 to 25 minutes or until golden brown. Immediately remove muffins from the pan to a wire cooling rack. Serve warm or cool.

Makes 12 regular-size muffins

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Yield:

"12 muffins"

T(Bake):

"0:25"

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Per serving: 163 Calories (kcal); 6g Total Fat; (32% calories from fat); 3g Protein; 24g Carbohydrate; 18mg Cholesterol; 226mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Essential Equipment: muffin pan with 12 regular-size muffin cups

Apple-Cinnamon Muffins: Omit blueberries. Stir in 1 cup chopped apple with the milk. Stir in 1/2 teaspoon ground cinnamon with the flour. Bake 25 to 30 minutes.

Lighter Blueberry Muffins: For 3 grams of fat and 135 calories per serving, use skim milk, decrease the vegetable oil to 2 tablespoons and add 1/4 cup unsweetened applesauce.

#### Tips

Substitute 3/4 cup frozen blueberries, thawed and well drained, for the fresh or canned blueberries if desired.

Aluminum foil baking cups purchased at the supermarket can be used instead of a muffin pan. Place 12 foil cups on a cookie sheet or in a rectangular pan, and fill as directed.

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\* Exported from MasterCook \*

### Bread Stuffing

Recipe By :  
Serving Size : 10 Preparation Time :0:30  
Categories : Side Dishes Thanksgiving Dinner

Amount	Measure	Ingredient -- Preparation Method
2	large	celery stalks with leaves
1	medium	onion
3/4	cup	margarine or butter (1 1/2 sticks)
9	cups	soft bread cubes
1 1/2	teaspoons	chopped fresh thyme
		OR
1/2	teaspoon	dried thyme leaves
1	teaspoon	salt
1/2	teaspoon	ground sage
1/4	teaspoon	pepper

Chop the celery, including the leaves. Peel and chop the onion.

Melt the margarine in the Dutch oven over medium-high heat. Cook the celery and onion in margarine 6 to 8 minutes, stirring occasionally, until tender when pierced with a fork. Remove the Dutch oven from the heat.

Gently toss the celery mixture with the bread cubes, thyme, salt, sage and

pepper, using a spoon, until bread cubes are evenly coated.

Fill wishbone area with stuffing. Fasten neck skin to back with skewer.  
Fold wings across back with tips touching.

Fill body cavity lightly with stuffing. Do not pack; stuffing will expand.  
Tuck drumsticks under band of skin at tail, or skewer to tail.

Makes 10 servings, about 1/2 cup each

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Per serving: 234 Calories (kcal); 15g Total Fat; (58% calories from fat); 4g  
Protein; 21g Carbohydrate; 37mg Cholesterol; 594mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0  
Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size) or 12-inch  
skillet

Lighter Bread Stuffing: For 6 grams of fat and 130 calories per  
serving, decrease margarine to 1/4 cup. Heat margarine and 1/2 cup  
chicken broth to boiling in Dutch oven over medium-high heat. Cook  
celery and onion in broth mixture.

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\* Exported from MasterCook \*

#### Broccoli

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient	Preparation Method
1 1/2	pounds	broccoli	

When Shopping: Look for firm, compact dark green clusters, and avoid

thick, tough stems. Wrap broccoli tightly and store in the refrigerator up to 5 days.

Preparing for Cooking: Trim the large leaves, and cut off any tough ends of lower stems. Rinse with cool water. For spears, cut lengthwise into 1/2-inch-wide stalks. For pieces, cut into 1/2-inch-wide stalks, then cut crosswise into 1-inch pieces.

Boiling: Add 1 inch of water (and 1/4 teaspoon salt if desired) to a medium saucepan (about 3-quart size). Add the broccoli spears or pieces. Cover and heat to boiling over high heat. Once water is boiling, reduce heat just enough so water bubbles gently. Cook uncovered 10 to 12 minutes or until crisp-tender when pierced with a fork; drain in a strainer.

Steaming: Place a steamer basket in 1/2 inch of water in a skillet or saucepan. The water should not touch the bottom of the basket. Place broccoli spears or pieces in basket. Cover tightly and heat to boiling over high heat. Once water is boiling, reduce heat to low. Steam covered 10 to 11 minutes or until stems are crisp-tender when pierced with a fork.

Microwaving Spears: Place broccoli in an 8-inch square microwavable dish, arranging in a spoke pattern with flowerets toward the center. Add 1 cup water. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on High 9 to 11 minutes, rotating dish 1/4 turn every 4 minutes, until crisp-tender when pierced with a fork. Let stand covered 5 minutes; drain in a strainer.

Microwaving Pieces: Place broccoli and 1 cup water in a 2-quart microwavable casserole. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on High 9 to 11 minutes, stirring every 4 minutes, until crisp-tender when pierced with a fork. Let stand covered 5 minutes; drain.

1 1/2 pounds is enough for 4 servings

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Per serving: 29 Calories (kcal); trace Total Fat; (8% calories from fat); 3g Protein; 5g Carbohydrate; 0mg Cholesterol; 28mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

\* Exported from MasterCook \*

### Broiled Fish Steak

Recipe By :  
Serving Size : 1 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1/4	pound	fish steak, about 3/4 inch thick (1/4 to 1/3 pound) Salt and pepper -- to taste
2	teaspoons	margarine or butter -- melted

You may need to move the oven rack so it is 5 to 6 inches below the broiler. Set the oven control to broil.

Sprinkle both sides of the fish steak with salt and pepper. Brush both sides with half of the margarine.

Place fish steak on the rack in the broiler pan. Broil with top of fish steak about 4 inches from heat 5 minutes. Brush with margarine.

Carefully turn fish over with a turner. If fish sticks to the rack, loosen it gently with a turner or fork. Brush other side with margarine.

Broil 4 to 6 minutes longer or until the fish flakes easily with a fork.

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T(Broil):  
"0:10"

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Per serving: 236 Calories (kcal); 15g Total Fat; (58% calories from fat); 24g Protein; trace Carbohydrate; 66mg Cholesterol; 148mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates



NOTES : Essential Equipment: broiler pan with rack

Broiled Fish Fillets: Substitute 1/4 to 1/3 pound fish fillets for the fish steak. Sprinkle with salt and pepper and brush with margarine as directed for fish steaks. Broil with tops about 4 inches from heat 5 to 6 minutes or until fish flakes easily with a fork. Turning the fillets is not necessary.

Fish is easy to fix and so good for you. Fish is available whole, drawn and pan-dressed, but you'll find it most often in steaks or fillets. You can purchase fish fresh or frozen. When you select fresh fish, the scales should be bright with a sheen, the flesh should be firm and elastic and there should be no odor. Frozen fish should be tightly wrapped and frozen solid; there should be no discoloration and no odor.

#### Cuts of Fish

Fish steaks are the cross section of a large pan-dressed fish. Steaks are 1/2 to 3/4 inch thick. Allow 1/4 to 1/3 pound per serving.

Fish fillets are the sides of the fish, cut lengthwise from the fish. They can be purchased with or without skin. Fillets usually are boneless; however, small bones, called pins, may be present. Allow 1/4 to 1/3 pound per serving.

Nutr. Assoc. : 5322 0 4098

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#### Brown Sugar-Glazed Carrots

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Thanksgiving Dinner  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	pounds	carrots (6 to 7 medium)
1/2	teaspoon	salt, if desired
2/3	cup	packed brown sugar
1/4	cup	margarine or butter
1	teaspoon	grated orange peel
1/2	teaspoon	salt

Peel the carrots, and cut into 1/4-inch slices. Heat 1 inch water to boiling in the saucepan over high heat. Add the 1/4 teaspoon salt if desired. Add the carrot slices. Cover and heat to boiling again. Reduce heat just enough so water bubbles gently. Cook covered 12 to 15 minutes or until carrots are tender when pierced with a fork.

While carrots are cooking, heat the brown sugar, margarine, orange peel and 1/2 teaspoon salt in the skillet over medium heat, stirring constantly, until sugar is dissolved and mixture is bubbly. Be careful not to overcook or the mixture will taste scorched. Remove the skillet from

the heat.

Drain carrots in a strainer, then stir them into the brown sugar mixture. Cook over low heat about 5 minutes, stirring occasionally and gently, until carrots are glazed and hot.

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T(Cook):

"0:15"

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Per serving: 163 Calories (kcal); 6g Total Fat; (31% calories from fat); 1g Protein; 28g Carbohydrate; 0mg Cholesterol; 242mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : Essential Equipment: 3-quart saucepan; 10- or 12-inch skillet.  
Nutr. Assoc. : 2495 0 0 4098 0 0

\* Exported from MasterCook \*

### Caesar Salad

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Salads

Amount	Measure	Ingredient -- Preparation Method
1	large bunch	or 2 small bunches romaine
1	clove	garlic
8		flat anchovy fillets (from 2-ounce can), if desired
1/3	cup	olive or vegetable oil
3	tablespoons	lemon juice
1	teaspoon	Worcestershire sauce
1/4	teaspoon	salt
1/4	teaspoon	ground mustard (dry)
		Freshly ground pepper
1	cup	garlic-flavored croutons
1/3	cup	grated Parmesan cheese

Remove any limp outer leaves from the romaine, and discard. Break remaining leaves off the core, and rinse with cool water. Shake off excess water, and blot to dry, or roll up the leaves in a clean, kitchen towel or paper towel to dry. Tear the leaves into bite-size pieces. You will need about 10 cups of romaine pieces.

Peel the garlic, and cut the clove in half. Rub the inside of the bowl-a wooden salad bowl works best-with the cut sides of the garlic. Allow a few small pieces of garlic to remain in the bowl if desired.

Cut up the anchovies, and place in the bowl. Add the oil, lemon juice, Worcestershire sauce, salt, mustard and pepper. Mix well with a fork or wire whisk.

Add the romaine, and toss with 2 large spoons or salad tongs until coated with the dressing. Sprinkle with the croutons and cheese. To keep salad crisp, serve immediately.

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Per serving: 169 Calories (kcal); 14g Total Fat; (71% calories from fat); 5g Protein; 8g Carbohydrate; 3mg Cholesterol; 225mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: large salad or mixing bowl

Lighter Caesar Salad: For 9 grams of fat and 120 calories per serving, decrease oil to 3 tablespoons, increase lemon juice to 1/4 cup and add 2 tablespoons water to anchovy mixture. Decrease cheese to 3 tablespoons.

Some traditional Caesar salad recipes may call for raw egg. Using uncooked eggs may cause certain types of food poisoning, so these recipes should be avoided.

#### Tips

To save time, purchase romaine already washed, torn and ready to use. You will need 10 cups, which is about 14 ounces.

To do ahead, wash and dry romaine and seal in a plastic bag or airtight container. It will keep up to a week in the refrigerator.

Nutr. Assoc. : 1280 0 0 986 0 0 0 518 0 489 0

\* Exported from MasterCook \*

## Carrots

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	pound	carrots

When Shopping: Look for firm, smooth carrots, and avoid carrots with cracks or any that have become soft or limp. Store airtight in the refrigerator up to 2 weeks.

Preparing for Cooking: Peel carrots with a vegetable peeler, and cut off ends. Cut carrots crosswise into 1/4-inch slices.

Boiling: Add 1 inch of water (and 1/4 teaspoon salt if desired) to a medium saucepan (about 2-quart size). Cover and heat to boiling over high heat. Add the carrot slices. Cover and heat to boiling again. Once water is boiling, reduce heat just enough so water bubbles gently. Cook covered 12 to 15 minutes or until tender when pierced with a fork; drain in a strainer.

Steaming: Place a steamer basket in 1/2 inch of water in a skillet or saucepan. The water should not touch the bottom of the basket. Place carrot slices in basket. Cover tightly and heat to boiling over high heat. Once water is boiling, reduce heat to low. Steam covered 9 to 11 minutes or until tender when pierced with a fork.

Microwaving: Place carrot slices and 1/4 cup water in a 1-quart microwavable casserole. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on High 6 to 8 minutes, stirring after 4 minutes, until tender when pierced with a fork. Let stand covered 1 minute; drain in a strainer.

1 pound (6 or 7 medium) is enough for 4 servings

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Per serving: 43 Calories (kcal); trace Total Fat; (3% calories from fat); 1g Protein; 10g Carbohydrate; 0mg Cholesterol; 35mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2495

\* Exported from MasterCook \*

### Carving the Turkey

Recipe By :  
Serving Size : 0 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Thanksgiving Dinner

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

Place the turkey, breast up and with its legs to your right if you're right-handed or to the left if left-handed. Remove the ties or skewers.

While gently pulling the leg and thigh away from the body, cut through the joint between leg and body. Separate the drumstick and thigh by cutting down through the connecting joint. Serve the drumstick and thighs whole, or carve them.

Make a deep horizontal cut into the breast just above the wing. Insert a fork in the top of the breast, and starting halfway up the breast, carve thin slices down to the horizontal cut, working upward. Repeat steps 1 through 3 on the other side of the turkey.

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Use a sharp carving knife for best results when carving a whole turkey. While carving, keep the turkey from moving by holding it in place with a meat fork. Carve on a stable cutting surface, such as a plastic cutting board or platter. Carving is easier if the turkey is allowed to stand for about 15 minutes after roasting.

Nutr. Assoc. : 0

\* Exported from MasterCook \*

### Cauliflower

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	pounds	cauliflower (1 medium head)

When Shopping: Look for a clean, firm cauliflower with nonspreading flower clusters (the white portion) and green leaves. Some supermarkets sell just the flower clusters, which are already removed from the stalks. Wrap tightly and store in the refrigerator up to 1 week.

Preparing for Cooking: Remove outer leaves, and cut off the core, or stem, close to the head.

Cut any discoloration off of the flower clusters. Wash cauliflower. Cut the flower clusters (flowerets) off the core, and discard the core.

Boiling: Add 1 inch of water (and 1/4 teaspoon salt if desired) to a medium saucepan (about 3-quart size). Cover and heat to boiling over high heat. Add the flowerets. Cover and heat to boiling again. Once water is boiling, reduce heat just enough so water bubbles gently. Cook covered 10 to 12 minutes or until tender when pierced with a fork; drain in a strainer.

Steaming: Place a steamer basket in 1/2 inch of water in a skillet or saucepan. The water should not touch the bottom of the basket. Place flowerets in basket. Cover tightly and heat to boiling over high heat. Once water is boiling, reduce heat to low. Steam covered 6 to 8 minutes or until tender when pierced with a fork.

Microwaving: Place flowerets and 1/4 cup water in a 2-quart microwavable casserole. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on High 12 to 14 minutes, stirring after 6 minutes, until tender when pierced with a fork. Let stand covered 1 minute; drain in a strainer.

1 medium head (2 pounds) is enough for 4 servings

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Per serving: 22 Calories (kcal); trace Total Fat; (6% calories from fat); 2g Protein; 5g Carbohydrate; 0mg Cholesterol; 27mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26556

\* Exported from MasterCook \*

#### Cheese Enchiladas

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 4 Meatless Main Dishes  
Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	small	green bell pepper
1	clove	garlic
1	medium	onion
1	tablespoon	chili powder
1 1/2	teaspoons	chopped fresh oregano
		OR
1/2	teaspoon	dried oregano leaves
1/4	teaspoon	ground cumin
1	(15 ounce) can	tomato sauce
2	cups	shredded Monterey Jack cheese (8 ounces)
1	cup	shredded Cheddar cheese (4 ounces)
1/2	cup	sour cream
2	tablespoons	chopped fresh parsley
1/4	teaspoon	pepper
8		corn tortillas (5 or 6 inches in diameter)
		Sour cream and chopped green onions -- if desired

Heat the oven to 350°. Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Chop enough of the bell pepper to measure 1/3 cup. Wrap and refrigerate any remaining bell pepper. Peel and finely chop the garlic. Peel and chop the onion, and set aside.

Mix the bell pepper, garlic, chili powder, oregano, cumin and tomato sauce in a medium bowl, and set aside. Mix the onion, Monterey Jack cheese, Cheddar cheese, 1/2 cup sour cream, the parsley and pepper in a large bowl.

Place 2 tortillas between dampened microwavable paper towels or microwavable plastic wrap and microwave on High 15 to 20 seconds to soften them.

Immediately spoon about 1/3 cup of the cheese mixture down one side of each softened tortilla to within 1 inch of edge. Roll tortilla around filling, and place seam side down in the ungreased baking dish. Repeat with the remaining tortillas and cheese mixture.

Pour the tomato sauce mixture over the tortillas.

Bake uncovered about 25 minutes or until hot and bubbly. Garnish with sour cream and chopped green onions.

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T(Bake):

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Per serving: 556 Calories (kcal); 34g Total Fat; (54% calories from fat); 27g Protein; 39g Carbohydrate; 93mg Cholesterol; 1239mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 2 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

NOTES : Cook: 5 minutes

Essential Equipment: rectangular baking dish or casserole (about 11 x 7 inches)

Quick Cheese Enchiladas: Omit the bell pepper, garlic, chili powder, oregano, cumin and tomato sauce. Instead, use a 16-ounce jar of salsa, which is about 2 cups.

Tips

If you like enchiladas with a hotter flavor, seed and finely chop 2 green jalapeño chilies, and add to the tomato sauce mixture.

When buying tortillas, check for freshness. They should not look dry or cracked around the edges.



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\* Exported from MasterCook \*

### Chicken Breasts with Orange Glaze

Recipe By :  
Serving Size : 2 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
2		skinless, boneless chicken breast halves (about 1/4 pound each)
1	tablespoon	margarine or butter
1/2	teaspoon	cornstarch
1/4	teaspoon	ground mustard (dry)
1/4	cup	orange juice
2	tablespoons	orange marmalade
1	tablespoon	soy sauce

If the chicken is frozen, place it in the refrigerator the night before you plan to use it or for at least 12 hours. Cut and discard fat from chicken with kitchen scissors or knife. Rinse chicken under cold water, and pat dry with paper towels.

Melt the margarine in the skillet over medium heat. Cook chicken in margarine about 15 minutes, turning chicken over once with tongs, until juice of chicken is no longer pink when you cut into the center of the thickest piece.

While the chicken is cooking, mix the cornstarch and mustard in a small bowl. Stir in the orange juice, orange marmalade and soy sauce, mixing well.

Place the chicken on a serving plate, and cover with aluminum foil or a pan lid to keep it warm. Discard any juices left in the skillet.

To make the glaze, pour the orange mixture into the same skillet. Heat to boiling over medium heat, stirring constantly. Continue boiling about 1 minute, stirring constantly, until the sauce is thickened. Pour the glaze over chicken on serving plate.

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Per serving: 252 Calories (kcal); 7g Total Fat; (26% calories from fat); 28g Protein; 18g Carbohydrate; 68mg Cholesterol; 669mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : Essential Equipment: 8-inch skillet or 3-quart saucepan

Tips

You can substitute apricot, peach or pineapple preserves for the orange marmalade in the glaze.

Prevent poultry from contaminating any foods in your grocery cart by putting it in plastic bags and placing it in the cart so that juices do not drip on other foods.

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\* Exported from MasterCook \*

Chili

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Chapter 2  
Soups and Stews

Amount	Measure	Ingredient -- Preparation Method
1	large	onion
2	cloves	garlic
1	pound	ground beef
1	tablespoon	chili powder
2	teaspoons	fresh chopped oregano
		OR
1	teaspoon	dried oregano leaves
1	teaspoon	ground cumin
1/2	teaspoon	salt
1/2	teaspoon	red pepper sauce
1	(16 ounce) can	whole tomatoes -- undrained
1	(15 ounce) can	red kidney beans (15 to 16 ounce can) -- undrained

Peel and chop the onion. Peel and crush the garlic.

Cook the beef, onion and garlic in the saucepan over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.

Stir in the chili powder, oregano, cumin, salt, pepper sauce and tomatoes with their liquid, breaking up the tomatoes with a spoon or fork. This distributes the tomatoes evenly throughout the chili and makes serving the chili easier.

Heat the mixture to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook 1 hour, stirring occasionally.

Stir in the beans with their liquid. Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cook uncovered about 20 minutes, stirring occasionally, until desired thickness.

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Per serving: 343 Calories (kcal); 15g Total Fat; (38% calories from fat); 29g Protein; 25g Carbohydrate; 70mg Cholesterol; 886mg Sodium  
Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : If you really like it hot, top chili with sliced fresh jalapeño chilies.

NOTES : Essential Equipment: 3-quart saucepan or 12-inch skillet with high side

Cincinnati-Style Chili: For each serving, spoon about 3/4 cup beef mixture over 1 cup hot cooked spaghetti. Sprinkle each serving with 1/4 cup shredded Cheddar cheese and 2 tablespoons chopped onion. Top with sour cream if desired.

Tip

To save time, increase chili powder to 2 tablespoons, and omit the cumin, oregano and pepper sauce.

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\* Exported from MasterCook \*

### Chunky Broccoli Soup

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Chapter 4

Soups and Stews

Amount	Measure	Ingredient -- Preparation Method
1	large	or 2 small stalks broccoli (about 3/4 pound)
1	small	carrot
1/4	teaspoon	salt
1/8	teaspoon	pepper
1	(14 1/2 ounce)	can ready-to-serve chicken broth
2	tablespoons	all-purpose flour
1/4	cup	cold water
1	cup	half-and-half

Trim the large leaves from the broccoli, and cut off any tough ends of lower stems. Rinse broccoli with cool water. Cut flower end from stalk, and cut flowerets into bite-size pieces. Cut the stalk into small pieces, about 1/4- to 1/2-inch cubes. You should have about 3 cups of broccoli, including the flowerets, but having a little more or less is fine.

Peel and shred the carrot. Any size shreds is fine.

Heat the broccoli, shredded carrot, salt, pepper and chicken broth to boiling in the saucepan over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook 6 to 8 minutes or until broccoli is tender when pierced with a fork.

Mix the flour and water in a small bowl or measuring cup with a fork or wire whisk until the flour is dissolved. Pour this mixture gradually into the broccoli mixture, stirring broccoli mixture constantly while pouring.

Heat to boiling over high heat, stirring constantly. Continue boiling 1 minute, stirring constantly.

Stir in the half-and-half. Cook, stirring occasionally, until hot. The soup should look hot and steamy, but do not let it boil.

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Per serving: 125 Calories (kcal); 8g Total Fat; (54% calories from fat); 5g Protein; 9g Carbohydrate; 22mg Cholesterol; 499mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat;  
0 Other Carbohydrates

NOTES : Essential Equipment: large saucepan (about 3-quart size)

Broccoli-Cheese Soup: Make Chunky Broccoli Soup as directed. When soup is finished and very hot, gradually stir in 1 cup shredded Cheddar cheese until it is melted.

#### Tips

One 10-ounce package of frozen chopped broccoli may be substituted for the fresh broccoli. There's no need to thaw it before adding in step 3.

The flour mixture is used to thicken the broccoli soup. If it is not stirred constantly, it can form lumps instead of making the soup smooth and slightly thicker.

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\* Exported from MasterCook \*

#### Corn

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient	Preparation Method
4	ears	corn	

When Shopping: Look for bright green, tight-fitting fresh-looking silk and kernels that are plump but not too large. Corn tastes best if it is purchased and cooked the same day that it was picked. If that's not possible, wrap unhusked ears in damp paper towels and refrigerate the corn up to 2 days.

Preparing for Cooking: Pull the green husks off the ears and remove the silk just before cooking. Do not put the corn husks or silk in your garbage disposal. If there are any bad spots on the ears, cut them out. Break off any long stems, so the corn will fit easily into the pan. If any ears are too long for your pan, cut or break them in half.

Boiling: Fill a Dutch oven about half full of water. Do not add any salt because that will make the corn tough. Place the corn in the water. Cover and heat to boiling over high heat. Once water is boiling, continue cooking uncovered 2 minutes. Remove from heat, and let stand uncovered about 10 minutes or until tender when pierced with a fork. Lift corn from water with tongs, allowing extra water to drip off. Serve immediately with margarine or butter, salt and pepper.

Microwaving: Place corn and 1/4 cup water in an 8-inch square microwavable dish. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave

on High 9 to 14 minutes, rearranging ears with tongs after 5 minutes, until tender when pierced with a fork. Let stand covered 5 minutes. Lift corn from water with tongs, allowing extra water to drip off.

4 ears of corn is enough for 4 servings

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Per serving: 77 Calories (kcal); 1g Total Fat; (10% calories from fat); 3g Protein; 17g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26338

\* Exported from MasterCook \*

### Corn Bread

Recipe By :  
Serving Size : 12 Preparation Time :0:00  
Categories : Breads Chapter 5  
On the Side

Amount	Measure	Ingredient -- Preparation Method
		Shortening to grease pan
1	cup	milk
1/4	cup	stick margarine or butter (1/2 stick) -- melted
1		egg
1 1/4	cups	yellow, white or blue cornmeal
1	cup	all-purpose flour
1/2	cup	sugar
1	tablespoon	baking powder
1/2	teaspoon	salt

Heat the oven to 400°. Grease the bottom and side of the pan with the shortening.

Beat the milk, margarine and egg in a large bowl with a fork or wire whisk until well mixed. Stir in the cornmeal, flour, sugar, baking powder and

salt all at once just until the flour is moistened. The batter will be lumpy. Pour the batter into the greased pan.

Bake 20 to 25 minutes or until golden brown and when a toothpick inserted in the center comes out clean. If corn bread is not fully baked, a toothpick inserted in the center will have uncooked batter clinging to it. Serve warm.

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T(Bake):

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Per serving: 175 Calories (kcal); 5g Total Fat; (26% calories from fat); 3g Protein; 29g Carbohydrate; 18mg Cholesterol; 270mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Essential Equipment: 8-inch square pan or 9 × 1 1/2-inch round pan

Corn Muffins: Grease just the bottoms of 12 regular-size muffin cups with shortening, or line each cup with a paper baking cup. Fill each cup about 3/4 full with batter.

#### Tips

If using margarine, purchase regular margarine or a spread that contains at least 65 percent vegetable oil and is in a stick form. Spreads with less fat do not work well for cakes, cookies and other baked desserts.

To do ahead, measure the cornmeal, flour, sugar, baking powder and salt into a plastic bag or a bowl ahead of time; seal or cover. Then finishing the cornbread at the last minute so it can be served warm will be as easy as using a mix.

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\* Exported from MasterCook \*

Cranberry Sauce

Recipe By :

Serving Size : 16 Preparation Time :0:00

Categories : Condiments

Thanksgiving Dinner

Amount	Measure	Ingredient -- Preparation Method
4	cups	fresh or frozen cranberries (1 pound)
2	cups	water
2	cups	sugar

Rinse the cranberries in a strainer with cool water, and remove any stems or blemished berries.

Heat the water and sugar to boiling in the saucepan over medium heat, stirring occasionally. Continue boiling 5 minutes longer, stirring occasionally.

Stir in the cranberries. Heat to boiling over medium heat, stirring occasionally. Continue boiling about 5 minutes longer, stirring occasionally, until cranberries begin to pop. Remove the saucepan from the heat, and pour the sauce into a bowl or container. Refrigerate about 3 hours or until chilled.

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T(Refrigerate):

"3:00"

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Per serving: 108 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 28g Carbohydrate; 0mg Cholesterol; 1mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates

NOTES : Cook: 20 minutes

Essential Equipment: 3-quart saucepan.

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Cream Cheese Fiesta Spread

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Appetizers

Chapter 6



Amount	Measure	Ingredient -- Preparation Method
1	(8 ounce) package	cream cheese
1/4	cup	salsa
1/4	cup	apricot preserves or orange marmalade
1	tablespoon	chopped fresh cilantro or parsley
1	tablespoon	finely shredded Cheddar cheese
		OR
1	tablespoon	finely shredded Monterey Jack cheese
1	tablespoon	chopped ripe olives
		Assorted crackers, if desired

Place block of cream cheese on the plate, and let stand at room temperature about 30 minutes to soften it slightly before serving. Or to soften in the microwave, remove foil wrapper and place cream cheese on microwavable plate; microwave on medium (50%) 1/2 to 1 minute.

Mix the salsa and preserves, and spread over cream cheese. Sprinkle with the cilantro, cheese and olives. Serve with crackers.

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Per serving: 130 Calories (kcal); 10g Total Fat; (69% calories from fat); 3g Protein; 8g Carbohydrate; 32mg Cholesterol; 139mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates

NOTES : Essential Equipment: serving plate or dinner plate

Crunchy Cream Cheese-Raspberry Spread: Omit salsa, preserves, cilantro, cheese and olives. Spread 1/3 cup raspberry spreadable fruit over the cream cheese. Sprinkle with 2 tablespoons each of finely chopped toasted almonds, miniature semisweet chocolate chips and flaked coconut.

Curried Cream Cheese-Chutney Spread: Omit salsa, preserves, cilantro, cheese and olives. Spread 1/3 cup chopped chutney over the cream cheese. Sprinkle generously with curry powder. Sprinkle with 1 tablespoon each of chopped peanuts, chopped green onions, raisins and chopped cooked egg yolk.

Lighter Cream Cheese Fiesta Spread: For 1 gram of fat and 55 calories per serving, use fat-free cream cheese.

#### Tips

If the preserves or marmalade contain large pieces of fruit, snip them into smaller pieces with a kitchen scissors.

A wide selection of salsas is available in the supermarket, including fresh salsa in the refrigerated section. Some are mild, some quite spicy. Choose the one you prefer.

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\* Exported from MasterCook \*

### Creamy Chicken and Dumplings

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	skinless, boneless chicken breast halves
1	tablespoon	vegetable oil
1 3/4	cups	water
1	cup	milk
1	(1 ounce) envelope	chicken gravy mix
2	teaspoons	chopped fresh marjoram
		OR
3/4	teaspoon	dried marjoram leaves
1/2	teaspoon	salt
1	(16 ounce) bag	frozen broccoli, cauliflower and carrots
		Dumplings -- (below)
		DUMPLINGS
1 2/3	cups	Bisquick® Original baking mix
1/2	cup	milk

If the chicken is frozen, place it in the refrigerator the night before you plan to use it or for at least 12 hours. Cut and discard fat from chicken with kitchen scissors or knife. Rinse chicken under cold water, and pat dry with paper towels. Cut chicken into 1-inch pieces.

Heat the oil in the Dutch oven over medium heat. Cook chicken in oil 5 to 7 minutes, stirring frequently, until golden brown. Remove the Dutch oven from the heat.

Stir in the water, milk, gravy mix (dry), marjoram, salt and frozen vegetables. Although thawing the vegetables is not necessary, stir them into the chicken mixture to allow them to cook uniformly.

Heat chicken mixture to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently.

Prepare Dumplings. With the chicken mixture boiling gently with bubbles breaking the surface continually, drop the dumpling dough by 12 spoonfuls onto hot chicken mixture. The dumplings will cook completely through when they are dropped onto the chicken mixture rather than into the liquid. If they are dropped directly into the liquid, the dumplings will be doughy and will not cook through.

Cook uncovered 10 minutes. Cover and cook 10 minutes longer.

#### DUMPLINGS:

Mix baking mix and milk in small or medium bowl with a fork until baking mix is completely moistened and a soft dough forms.

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Per serving: 476 Calories (kcal); 15g Total Fat; (28% calories from fat); 35g Protein; 47g Carbohydrate; 78mg Cholesterol; 1395mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size) or 3-quart saucepan

#### Tips

You can substitute 1 pound skinless, boneless chicken thighs for the chicken breast halves.

For recipe success, mix the dumpling dough only until the baking mix and milk form a soft dough; overmixing will cause tough dumplings.

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\* Exported from MasterCook \*

Creamy Coleslaw

Recipe By :

Serving Size : 4      Preparation Time :0:00  
 Categories : Chapter 5      On the Side  
                  Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	sour cream
2	tablespoons	mayonnaise
		OR
2	tablespoons	salad dressing
1 1/2	teaspoons	sugar
1	teaspoon	lemon juice
1	teaspoon	Dijon mustard
1/4	teaspoon	celery seed
1/8	teaspoon	pepper
1/4		of a medium head of cabbage
1/2		of a small carrot
1/2		of a small onion

Mix the sour cream, mayonnaise, sugar, lemon juice, mustard, celery seed and pepper in the small bowl.

Place a flat side of the 1/4 head of cabbage on a cutting board, and cut off the core. Cut the cabbage into thin slices with a large sharp knife. Cut the slices several times to make smaller pieces. You should have about 2 cups.

Peel and shred the carrot. Peel and chop the onion.

Place the cabbage, carrot and onion in the medium bowl. Pour the sour cream mixture over the vegetables, and mix with a large spoon until the vegetables are evenly coated with the dressing.

Cover and refrigerate the coleslaw at least 1 hour to blend flavors. Cover and refrigerate any remaining coleslaw.

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T(Refrigerate):

"1:00"

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Per serving: 111 Calories (kcal); 9g Total Fat; (68% calories from fat); 2g Protein; 8g Carbohydrate; 9mg Cholesterol; 76mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: small and medium bowls

Lighter Creamy Coleslaw: For 1 gram of fat and 55 calories per serving, use reduced-fat sour cream and fat-free mayonnaise.

Tip

To save time, purchase a prepackaged coleslaw mixture, washed and ready to use, from the produce section of the supermarket. Substitute it for the cabbage, carrots and onion. You will need

about 3 cups of the mixture (6 to 7 ounces).

You can purchase lemon juice that's ready to use in bottles or lemon-shaped plastic containers.

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### Creamy Lemon Dessert

Recipe By :  
Serving Size : 9 Preparation Time :0:00  
Categories : Chapter 6 Desserts  
Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
2	cups	whipping (heavy) cream
		Graham Cracker Crust -- (below)
1	(14 ounce) can	sweetened condensed milk
1/2	cup	lemon juice
2	teaspoons	grated lemon peel -- if desired
		Few drops of yellow food color -- if desired
		Whole strawberries for garnish -- if desired
		GRAHAM CRACKER CRUST
16		graham cracker squares
2	tablespoons	sugar
1/4	cup	margarine or butter (1/2 stick) -- melted

Pour the whipping cream into a large bowl, and place in the refrigerator to chill. The whipping cream will whip better in a cold bowl.

Prepare Graham Cracker Crust (below). While crust is cooling, continue with recipe.

Mix milk, lemon juice and lemon peel in a small bowl, and set aside.

Add the food color to the whipping cream. Beat the whipping cream with the electric mixer on high speed until stiff peaks form.

Gently pour the lemon mixture over the whipped cream. To fold together, use a rubber spatula to cut down vertically through the whipped cream, then slide the spatula across the bottom of the bowl and up the side, turning the whipped cream over. Rotate the bowl one-fourth turn, and repeat this down-across-up motion. Continue mixing in this way just until ingredients are blended.

Pour the folded mixture over the crust. Cover and refrigerate at least 2 hours but no longer than 48 hours.

Cut dessert into 3-inch squares. Garnish each serving with a strawberry. Cover and refrigerate any remaining dessert.

GRAHAM CRACKER CRUST:

Heat the oven to 350°. Place a few crackers at a time in a plastic bag. Seal the bag, and crush crackers into fine crumbs with a rolling pin or bottle. Mix the crumbs, sugar and margarine in a medium bowl. Press firmly and evenly on the bottom of the square pan. If using a pie pan, press crumb mixture against bottom and side of pan. Bake 10 minutes; cool.

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T(Refrigerate):

"2:00"

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Per serving: 436 Calories (kcal); 30g Total Fat; (59% calories from fat); 6g Protein; 39g Carbohydrate; 87mg Cholesterol; 211mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 2 Other Carbohydrates

NOTES : Essential Equipment: 9-inch square pan or 9-inch pie pan; electric mixer or hand beater

Tips

Be sure to purchase sweetened condensed milk, not evaporated milk. They are used very differently in recipes.

Instead of using graham crackers, purchase packaged graham cracker crumbs at the supermarket, and use 1 1/4 cups of them in the crust.

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\* Exported from MasterCook \*

Dilled Carrots and Pea Pods

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	snow (Chinese) pea pods (about 5 ounces)

1 1/2	cups	baby-cut carrots
1	tablespoon	margarine or butter
2	teaspoons	chopped fresh dill
		OR
1/2	teaspoon	dried dill weed
1/8	teaspoon	salt

Snap off the stem end of each pea pod, and pull the string across the pea pod to remove it.

Add 1 inch of water to the saucepan. Cover and heat the water to boiling over high heat. Add carrots. Cover and heat to boiling again. Once water is boiling, reduce heat just enough so water bubbles gently. Cook covered about 4 minutes or until carrots are crisp-tender when pierced with a fork. Do not drain water.

Add pea pods to carrots in saucepan. Heat uncovered until water is boiling again; continue boiling uncovered 2 to 3 minutes, stirring occasionally, until pea pods are crisp-tender. Pea pods cook very quickly, so be careful not to overcook them. Drain carrots and pea pods in a strainer, then return to saucepan.

Stir margarine, dill weed and salt into carrots and pea pods until margarine is melted.

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Per serving: 55 Calories (kcal); 3g Total Fat; (46% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 117mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: medium saucepan (about 2-quart size)

#### Tips

Snow pea pods are very similar to snap pea pods, and they can be used interchangeably. Both are edible pea pods with tender, sweet peas inside.

One 6-ounce package of frozen snow (Chinese) pea pods can be substituted for the fresh pea pods. Thaw them before cooking in

step 3.

Nutr. Assoc. : 5020 20024 4098 3360 0 2130706543 0

\* Exported from MasterCook \*

### Excellent Eggs - Five Ways

Recipe By :  
Serving Size : 0 Preparation Time :0:00  
Categories : Chapter 4 Eggs

Amount	Measure	Ingredient -- Preparation Method
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#### Cooked Eggs

##### Hard-Cooked Eggs:

Place eggs in a saucepan. Add enough cold water until it is at least 1 inch above the eggs. Heat uncovered to boiling over high heat. Remove the saucepan from the heat. Cover and let stand 18 minutes. Immediately pour off the hot water from the eggs, then run cool water over them several seconds to prevent further cooking; drain. Tap egg lightly on kitchen counter to crackle the shell. Roll the egg between your hands to loosen the shell, then peel. If shell is hard to peel, hold egg under cold water while peeling.

##### Soft-Cooked Eggs:

Place eggs in a saucepan. Add enough cold water until it is at least 1 inch above the eggs. Heat uncovered to boiling over high heat. Remove the saucepan from the heat. Cover and let stand 3 minutes. Immediately pour off the hot water from the eggs, then run cool water over them several seconds to prevent further cooking; drain. Cut eggs lengthwise in half, and scoop eggs from shells.

##### Fried Eggs:

##### Fried Eggs, Sunny Side Up:

Heat margarine or butter in a heavy skillet over medium heat until it begins to sizzle and look hot. Use enough margarine so when melted it is about 1/8 inch deep in the skillet. Break each egg into a custard cup or saucer. Slip the egg carefully into the skillet. Immediately reduce heat to low. You should still be able to see and hear the eggs sizzle as they cook. If they stop sizzling, turn the heat up a little. Cook uncovered 5 to 7 minutes, spooning margarine from the skillet over the eggs frequently, until the whites are set, a film forms over the yolks and the yolks are thickened.

##### Fried Eggs, Over Easy:

Follow directions for Fried Eggs, Sunny Side Up (above), but after cooking



3 minutes, gently turn eggs over with a wide spatula and cook 1 to 2 minutes longer or until yolks are thickened.

#### Scrambled Eggs:

1. Using 1 tablespoon of milk, half-and-half or water for each egg, beat eggs and milk with a fork or wire whisk until well mixed. Add salt and pepper as desired. Heat margarine (about 1 tablespoon for 3 eggs) in a skillet over medium heat just until the margarine begins to sizzle.
2. Pour egg mixture into skillet. The egg mixture will become firm at the bottom and side very quickly. When this happens, gently lift the cooked portions around the edge with a spatula so that the thin, uncooked portion can flow to the bottom. Avoid constant stirring, but continue to lift the cooked portion and allow the thin uncooked portions to flow to the bottom.
3. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist and creamy. Serve immediately.

Allow 1 or 2 eggs per serving

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Cook: Will vary with the method used

Essential Equipment: Saucepan or skillet large enough to hold desired number of eggs.

#### Tips

Store eggs in their carton in the refrigerator. Keeping them in the carton protects them from absorbing refrigerator odors.

Whether the eggshell is white or brown depends on the breed and diet of the hen. Flavor, nutritive value and the way the egg cooks are the same for both kinds.

If hard-cooked eggs are used for an egg hunt, avoid keeping them at room temperature for more than 2 hours. If you do, don't eat the eggs.

Nutr. Assoc. : 0

\* Exported from MasterCook \*

### Fast and Flavorful Chicken Breasts - Three Ways

Recipe By :  
Serving Size : 0 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
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#### BROILING OR GRILLING CHICKEN BREASTS

1. Select skinless, boneless chicken breast halves (about 1/4 pound each) or skinless bone-in chicken breast halves (about 1/2 pound each). If the chicken is frozen, place it in the refrigerator the night before you plan to use it or for at least 12 hours. Cut and discard fat from chicken with kitchen scissors or knife.

Rinse chicken under cold water, and pat dry with paper towels.

2a. To Broil: You may need to move the oven rack so it is 5 to 7 inches below the broiler. Brush the rack of broiler pan with vegetable oil, or spray it with cooking spray. Set the oven control to broil.

2b. To Grill: Brush the grill rack with vegetable oil, or spray it with cooking spray. Prepare the coals or a gas grill for direct heat. Heat to medium heat, which will take about 40 minutes for charcoal or about 10 minutes for a gas grill.

3a. To Broil: Place the chicken breast on the rack in a broiler pan.

3b. To Grill: Place the chicken breast on the grill 4 to 6 inches from heat.

4. Broil or Grill uncovered for the time listed in the chart, turning frequently with tongs. If desired, brush the chicken breasts with prepared barbecue or teriyaki sauce from your supermarket during the last 15 to 20 minutes for bone-in chicken or the last 10 minutes for boneless chicken.

#### TIMETABLE FOR BROILING AND GRILLING CHICKEN BREASTS

CUT OF CHICKEN DONENESS	APPROXIMATE BROILING TIME	APPROXIMATE GRILLING TIME
Breast Halves Cooked until juice (bone in)	25 to 35 minutes, turning once of chicken is no longer (7 to 9 inches from heat) pink when centers of thickest pieces are cut	20 to 25 minutes

---

Breast Halves	15 to 20 minutes,	15 to 20 minutes
Cooked until juice		
(boneless)	turning once	
	of chicken is no longer	
	(4 to 6 inches from heat)	
	pink when centers of	
	thickest pieces are cut	

---

#### PANFRYING CHICKEN BREASTS

1. Select skinless, boneless chicken breast halves (about 1/4 pound each) or skinless, bone-in chicken breast halves (about 1/2 pound each). If the chicken is frozen, place it in the refrigerator the night before you plan to use it or for at least 12 hours. Cut and discard fat from chicken with kitchen scissors or knife. Rinse chicken under cold water, and pat dry with paper towels.
2. Heat 1 teaspoon vegetable oil in a 8-inch nonstick skillet over medium heat 1 to 2 minutes. If you are preparing 3 to 4 chicken breast halves, use a 10- or 12-inch skillet. Add the chicken.
3. Cook 8 to 10 minutes, turning chicken over once with tongs, until outside of chicken is golden brown and the juice is no longer pink when you cut into the center of the thickest piece. Larger chicken breast halves may take 2 to 3 minutes longer. If desired, sprinkle with salt, pepper and paprika.

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

#### NOTES : Tip

For more flavor, chicken breasts can be marinated before broiling, grilling or panfrying. A wide array of marinades are available in your supermarket, or you may wish to make your own. Allow about 1/4 to 1/2 cup marinade for each 1 to 2 pounds of chicken. Marinate chicken covered in the refrigerator for 15 minutes to 2

hours.  
Nutr. Assoc. :

\* Exported from MasterCook \*

### Fettuccine Alfredo

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 4 Pasta  
Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
8	ounces	uncooked fettuccine
1/2	cup	margarine or butter (1 stick)
1/2	cup	whipping (heavy) cream
3/4	cup	grated Parmesan cheese
1/2	teaspoon	salt
	Dash	pepper
		Chopped fresh parsley

Fill the Dutch oven about half full of water. Add 1/2 teaspoon salt if desired. Cover and heat over high heat until the water is boiling rapidly. Add the fettuccine. Heat to boiling again. Boil uncovered 11 to 13 minutes, stirring frequently, until tender. To test fettuccine for doneness, cut a strand of fettuccine on the side of the Dutch oven. While fettuccine is cooking, continue with the recipe to make the Alfredo sauce.

Heat the margarine and whipping cream in the saucepan over low heat, stirring constantly, until margarine is melted. Stir in the cheese, salt and pepper until the mixture is smooth.

Drain the fettuccine in a strainer or colander, and place in a large serving bowl or back in the Dutch oven. Pour the sauce over the hot fettuccine, and stir until fettuccine is well coated. Sprinkle with parsley.

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T(Cook):  
"0:15"

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Per serving: 390 Calories (kcal); 26g Total Fat; (60% calories from fat); 10g Protein; 29g Carbohydrate; 35mg Cholesterol; 552mg Sodium  
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size); medium saucepan (about 2-quart size)

Lighter Fettuccine Alfredo: For 16 grams of fat and 290 calories per serving, decrease margarine to 1/3 cup, and substitute evaporated milk for the whipping cream.

#### Tips

Freshly grated Parmesan cheese will make a thinner sauce than will canned grated cheese.

Other pastas may be substituted for the fettuccine. The sauce will cling best to a flat, narrow shape, such as linguine or spaghetti.

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\* Exported from MasterCook \*

### Fresh Fruit with Honey-Poppy Seed Dressing

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Salads

Amount	Measure	Ingredient -- Preparation Method
		Honey-Poppy Seed Dressing -- (below)
1	large	unpeeled apple
		OR
2	medium	apricots or nectarines
1	medium	orange
1	medium	pineapple
1	small bunch	seedless green grapes
		HONEY-POPPY SEED DRESSING
1/4	cup	vegetable oil
3	tablespoons	honey
2	tablespoons	lemon juice
1 1/2	teaspoons	poppy seed

Prepare Honey-Poppy Seed Dressing (below).

Cut the unpeeled apple into slices, or peel and slice the apricots or nectarines.

Peel the orange, then cut along the membrane of both sides of one orange section. Remove that section, and continue with the rest of the orange.

Cut the pineapple lengthwise into fourths. Cut off the rind and the core. Cut the pineapple into chunks, removing any "eyes" or spots left from the rind.

Wash the grapes, and cut in half.

Mix the fruits and the dressing in a large bowl. Cover and refrigerate until ready to serve. Cover and refrigerate any remaining salad.

#### HONEY-POPPY SEED DRESSING:

Shake all ingredients in a tightly covered jar or container. Shake again before pouring over fruit.

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Per serving: 196 Calories (kcal); 10g Total Fat; (42% calories from fat); 1g Protein; 29g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 2 Fat; 1/2 Other Carbohydrates

NOTES : Essential Equipment: large salad or mixing bowl

#### Tips

If you're in a hurry, substitute 1/2 cup frozen whipped topping, thawed, and 1/2 teaspoon grated lemon peel for the Honey-Poppy Seed Dressing. Stir into fruit just before serving.

Two cups strawberries, cut in half, can be substituted for half of the pineapple.

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\* Exported from MasterCook \*

#### Fresh Tomato Salsa

Recipe By :  
Serving Size : 56 Preparation Time :0:00  
Categories : Appetizers Chapter 6  
Dips & Salsas Snacks and Desserts

Amount	Measure	Ingredient	Preparation Method
3	medium	tomatoes	

1	small	green bell pepper
6	medium	green onions with tops
3	cloves	garlic
1	medium	jalapeño chili
2	tablespoons	chopped fresh cilantro
2	tablespoons	lime juice
1/2	teaspoon	salt
		Flour tortillas or tortilla chips -- if desired

Place the bowl near your cutting board. After cutting or chopping each ingredient, add each one to the bowl. Cut the tomato crosswise in half. Gently squeeze each half, cut side down, to remove the seeds. Chop the tomatoes.

Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Chop the bell pepper.

Peel and slice the green onions. Peel and finely chop the garlic.

Cut the stem off the jalapeño chili, cut the chili lengthwise in half and scrape out the seeds. Cut the chili into strips, and then finely chop.

Add the cilantro, lime juice and salt. Mix all the ingredients. Cover and refrigerate at least 1 hour to blend flavors but no longer than 7 days.

Serve salsa with flour tortillas or tortilla chips or as an accompaniment to chicken, fish and other main dishes.

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 Yield:  
 "3 1/2 cups"  
 T(Refrigerate):  
 "1:00"

- - - - -

Per serving: 3 Calories (kcal); trace Total Fat; (7% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; 20mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: large bowl

Tip  
 If you desire a hotter salsa, leave some of the seeds in the

jalapeño chili.

The flesh, ribs and seeds of chilies contain irritating, burning oils. Wash hands and utensils in soapy water, and be especially careful not to rub your face or eyes until the oils have been washed away.

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\* Exported from MasterCook \*

### Fried Rice

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 4 Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
-----		
		Hot Cooked Rice -- (below)
1	cup	bean sprouts
3	ounces	mushrooms
2	medium	green onions with tops
1	tablespoon	vegetable oil
2		eggs
1	tablespoon	vegetable oil
3	tablespoons	soy sauce
	Dash	pepper
-----		
		HOT COOKED RICE
1	cup	uncooked regular long-grain white rice
2	cups	water

Prepare Hot Cooked Rice. While the rice is cooking, continue with the recipe. If the rice is done before you need it, just remove the rice from the heat and let it stand a few minutes until you're ready.

Rinse the bean sprouts with cool water, and drain in a strainer. Cut off the ends of the mushroom stems, and slice the mushrooms. You should have about 1 cup. Peel and slice the green onions.

Heat 1 tablespoon oil in the skillet over medium heat 1 to 2 minutes. Cook the mushrooms in the oil about 1 minute, stirring frequently, until they are coated with oil.

Add the bean sprouts, onions and rice to the mushrooms. Stir-fry with a turner or large spoon, lifting and stirring constantly, until the mixture is hot. Remove the skillet from the heat.

Beat the eggs slightly in a small bowl with a fork. Push the rice mixture to one side of the skillet. Add 1 tablespoon oil to the cleared spot, then pour the eggs into this spot. Cook over medium heat, stirring constantly, until eggs are thickened and cooked but still moist.

Stir the eggs and rice mixture together. Stir in the soy sauce and pepper.



# HOT COOKED RICE:

Heat the rice and water to boiling in the saucepan over high heat, stirring occasionally to prevent sticking. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook about 15 minutes or until rice is fluffy and tender.

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## T(Cook):

"0:30"

Per serving: 284 Calories (kcal); 9g Total Fat; (30% calories from fat); 8g Protein; 41g Carbohydrate; 94mg Cholesterol; 809mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 2-quart saucepan; 10-inch skillet

## Tips

Cook extra rice the next time you are serving it with another meal. Refrigerate or freeze the leftover rice (you'll need about 3 cups) in an airtight container, and use it for Fried Rice.

Substitute ingredients in Fried Rice to suit your taste. Use chopped green bell pepper or sliced water chestnuts, or add leftover ham or chicken. Make it exactly as you like it.

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\* Exported from MasterCook \*

## Frozen Chocolate Mousse

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Chapter 6 Desserts  
Snacks and Desserts

Amount	Measure	Ingredient	Preparation Method
--------	---------	------------	--------------------

2	cups	whipping (heavy) cream
1/4	cup	almond-, chocolate- or coffee-flavored liqueur
1/2	cup	chocolate-flavored syrup
		Crushed cookies or chopped nuts, if desired

Beat the whipping cream in a chilled large bowl with the electric mixer on high speed until stiff peaks form.

Gently pour the liqueur and chocolate syrup over the whipped cream. To fold ingredients together, use a rubber spatula to cut down vertically through the whipped cream, then slide the spatula across the bottom of the bowl and up the side, turning the whipped cream over. Rotate the bowl one-fourth turn, and repeat this down-across-up motion. Continue mixing in this way just until ingredients are blended.

Spread whipped cream mixture into the ungreased pan.

Cover and freeze at least 4 hours but no longer than 2 months. Cut mousse into squares. Garnish with crushed cookies. Serve immediately. Cover and freeze any remaining mousse.

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T(Freeze):

"4:00"

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Per serving: 267 Calories (kcal); 22g Total Fat; (75% calories from fat); 2g Protein; 15g Carbohydrate; 82mg Cholesterol; 32mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Essential Equipment: electric mixer or hand beater; 9-inch square pan

Tip

The whipping cream will beat up more easily if the bowl and mixer beaters are chilled in the refrigerator for about 20 minutes before beating.

The liqueur keeps this dessert from freezing totally solid. That's why the mousse can be served immediately after taking it from the freezer.

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\* Exported from MasterCook \*

### Fudgy Brownie Cake with Raspberry Sauce

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Chapter 6 Desserts  
Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
		Shortening to grease pan
1 1/2	cups	sugar
3/4	cup	all-purpose flour
3/4	cup	margarine or butter (1 1/2 sticks) -- melted
1/2	cup	baking cocoa
1 1/2	teaspoons	vanilla
1/4	teaspoon	salt
3		eggs
		Raspberry Sauce -- (below)
		Fresh raspberries for garnish, if desired
		RASPBERRY SAUCE
3	tablespoons	sugar
2	teaspoons	cornstarch
1/3	cup	water
1	(10 ounce) package	frozen raspberries in syrup -- thawed and undrained

Heat the oven to 350°. Grease the bottom and side of the pan with shortening. Sprinkle a small amount of flour over the greased surface, shake the pan to distribute the flour evenly, then turn the pan upside down and tap the bottom to remove excess flour.

Mix the sugar, flour, margarine, cocoa, vanilla, salt and eggs in a medium bowl with a spoon or wire whisk. Pour into the greased and floured pan.

Bake 40 to 45 minutes or until the top appears dry. While the cake is baking, prepare Raspberry Sauce (below).

Cool the cake 10 minutes, then remove it from the pan and place on a wire cooling rack. Or you can leave the cake in the pan. Cool cake, and serve with the sauce. Garnish with fresh raspberries.

#### RASPBERRY SAUCE:

Mix the sugar and cornstarch in the saucepan. Stir in water and raspberries. Cook over medium heat, stirring constantly, until the mixture thickens and boils. Continue boiling 1 minute, stirring constantly. Remove the saucepan from the heat. Strain the sauce through a strainer to the remove the raspberry seeds if desired. Serve sauce slightly warm or cool.

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T(Bake):

"0:40"

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Per serving: 436 Calories (kcal); 20g Total Fat; (38% calories from fat); 5g Protein; 65g Carbohydrate; 70mg Cholesterol; 290mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 1/2 Fat; 3 Other Carbohydrates

NOTES : Essential Equipment: 9-inch round pan or 8-inch square pan; small saucepan (about 1-quart size)

#### Tips

If using a margarine or spread, make sure it contains at least 65 percent vegetable oil. Spreads with less fat are not recommended for baking.

For easier cleanup, heat the margarine in a microwavable mixing bowl on High for 30 to 45 seconds until melted, then add the remaining ingredients for the cake.

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\* Exported from MasterCook \*

### Garlic Bread

Recipe By :

Serving Size : 18 Preparation Time :0:00

Categories : Breads

Chapter 5

On the Side

Amount	Measure	Ingredient -- Preparation Method
1	clove	garlic
		OR
1/4	teaspoon	garlic powder
1/3	cup	margarine or butter at room temperature
1	1 pound	loaf French bread

Heat the oven to 400°.

Peel and finely chop the garlic. Mix the garlic and margarine.

Cut the bread crosswise into 1-inch slices. Spread margarine mixture over 1 side of each bread slice. Reassemble the loaf, and wrap securely in heavy-duty aluminum foil.

Bake 15 to 20 minutes or until hot.

Makes 1 loaf (18 slices)

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Yield:

"1 loaf"

T(Bake):

"0:20"

Per serving: 99 Calories (kcal); 4g Total Fat; (37% calories from fat); 2g Protein; 13g Carbohydrate; 0mg Cholesterol; 193mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: heavy-duty aluminum foil

Herb-Cheese Bread: Omit the garlic. Mix 2 teaspoons chopped fresh parsley, 1/2 teaspoon dried oregano leaves, 2 tablespoons grated Parmesan cheese and 1/8 teaspoon garlic salt with the margarine.

Onion Bread: Omit the garlic. Mix 2 tablespoons finely chopped onion or chives with the margarine.

Seeded Bread: Omit the garlic. Mix 1 teaspoon celery seed, poppy seed, dill seed or sesame seed with the margarine.

#### Tips

To save time, heat the bread in your microwave. Do not wrap loaf in foil. Instead, divide loaf in half, and place halves side by side in napkin-lined microwavable basket or on microwavable dinner plate. Cover with napkin and microwave on Medium (50%) 1 1/2 to 3 minutes, rotating basket 1/2 turn after 1 minute, until bread is hot.

If using margarine, purchase regular margarine or a spread that contains at least 65 percent vegetable oil and is in a stick form.

Spreads with less fat have more water, and the bread may get slightly soggy.  
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### Glazed Baked Ham

Recipe By :  
 Serving Size : 24 Preparation Time :0:00  
 Categories : Beef and Pork Main Dishes Chapter 2  
 Pork Main Dishes

Amount	Measure	Ingredient -- Preparation Method
		BROWN-SUGAR GLAZE
1/2	cup	packed brown sugar
2	tablespoons	orange or pineapple juice
1/2	teaspoon	ground mustard (dry)

Select a fully cooked ham from those listed in Timetable for Roasting Ham. Allow about 1/3 pound ham per person, slightly less for a boneless ham and slightly more for ham with a bone.

#### TIMETABLE FOR ROASTING HAM

FULLY COOKED COOKING TIME SMOKED HAM	APPROXIMATE OVEN TEMPERATURE	APPROXIMATE WEIGHT (POUNDS)	APPROXIMATE (MINUTES PER POUND)
Boneless Ham	325°	1 1/2 to 2	
29 to 33			3
to 4	19 to 23		6
to 8	16 to 20		9
to 11	12 to 16		
Bone-in Ham	325°	6 to 8	
13 to 17			14
to 16	11 to 14		

Place the ham, fat side up, on a rack in the roasting pan. The rack keeps the ham out of the drippings and prevents scorching. It is not necessary to brush the ham with pan drippings while it bakes.

Insert a meat thermometer so the tip is in the thickest part of the ham and does not touch bone or rest in fat.

Bake uncovered in 325° oven for the time listed in the chart. It is not necessary to preheat the oven. While the ham is baking, prepare Brown

Sugar Glaze (below).

Remove the ham from the oven 30 minutes before it is done. Remove any skin from the ham. Make cuts about 1/2 inch apart in a diamond pattern in the fat surface of the ham, not into the meat. Insert a whole clove in the corner of each diamond if desired. Pat or spoon glaze over the ham.

Bake uncovered about 30 minutes longer or until thermometer reads 135°. Cover the ham with a tent of aluminum foil and let stand 15 to 20 minutes or until thermometer reads 140°. (Temperature will continue to rise about 5° and roast will be easier to carve as juices set up.)

Brown-Sugar Glaze Mix all ingredients. Makes enough for a 4- to 8-pound ham.

#### CARVING HAM

Place ham, fat side up and bone to your right, on carving board. Cut a few slices from thin side.

Turn ham cut side down, so it rests firmly. Make vertical slices down to the leg bone, then cut horizontally along bone to release slices.

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Per serving: 17 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 4g Carbohydrate; 0mg Cholesterol; 2mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Essential Equipment: shallow roasting pan (about 13 x 9-inch rectangle), and rack

#### Tip

For easy cleanup, line bottom of roasting pan with aluminum foil before placing ham on rack.

For more flavor, use dark brown sugar instead of light.

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Great Steak — Three Ways

Recipe By :  
Serving Size : 0 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Beef Main Dishes  
Chapter 2

Amount	Measure	Ingredient -- Preparation Method
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#### TYPES OF STEAK:

Porterhouse

Rib Eye

Sirloin

T-Bone

Tenderloin

Select a steak that is bright red in color. Vacuum-packed beef will have a darker, purplish red color because the meat is not exposed to air. These cuts of steak, porterhouse, rib eye, sirloin, T-bone and tenderloin, are the most tender and are best for broiling, grilling and panfrying.

#### BROILING A STEAK

1. Select a 3/4- to 1-inch-thick steak from those shown in the photos.
2. You may need to move the oven rack so it is 5 to 6 inches below the broiler. Set the oven control to broil.
3. To prevent the steak from curling during broiling, cut outer edge of fat on steak diagonally at 1-inch intervals with a sharp knife. Do not cut into the meat or it will dry out during broiling.
4. Place steak on the rack in a broiler pan. (For easy cleanup, line the bottom of the broiler pan with aluminum foil before placing steak on rack.) Place in oven with the top of the steak the number of inches from heat listed in the chart.
5. Broil uncovered for about half the time listed in the chart or until the steak is brown on one side.
6. Turn the steak and continue cooking until desired doneness. To check doneness, cut a small slit in the center of boneless cuts or in the center near the bone of bone-in cuts. Medium-rare is very pink in the center and slightly brown toward the edges. Medium is light pink in center and brown toward the edges. Or insert a meat thermometer in the center of the steak to check for desired doneness. Sprinkle salt and pepper over both sides of steak after cooking if desired. Serve immediately.



## GRILLING A STEAK

1. Select a 3/4- to 1-inch-thick steak from those shown in the photos.
2. Prepare the coals or a gas grill for direct heat. Heat to medium heat, which will take about 40 minutes for charcoal or about 10 minutes for a gas grill.
3. Cut edges of fat on steak as described in step 3 of Broiling a Steak.
4. Place steak on the grill the number of inches from heat listed in the chart.
5. Turn the steak and continue cooking until desired doneness. Check for doneness as described in step 6 of Broiling a Steak.

## TIMETABLE FOR BROILING OR GRILLING STEAKS

TYPE	APPROXIMATE TOTAL		APPROXIMATE TOTAL	
	GRILLING TIME (MIN)		BROILING TIME (MIN)	
	145°	160°	145°	160°
	(medium-rare)	(medium)	(medium-rare)	(medium)
Porterhouse & T-Bone	19	3 to 4	14	10
Rib Eye	7	2 to 4	12	8
Sirloin (boneless)	12	2 to 4	16	10
Tenderloin	11	2 to 3	13	10

## PANFRYING A STEAK

1. Select a 1/2- to 1-inch-thick steak from those shown in the photos.
2. If the steak is very lean and has little fat, coat a heavy skillet or frying pan with a small amount of vegetable oil, or spray it with cooking spray. Or use a nonstick skillet.
3. If the steak is more than 1/2 inch thick, heat the skillet over medium-low to medium heat 1 to 2 minutes. If the steak is 1/2 inch, use medium to medium-high heat.
4. Place the steak in the hot skillet. You do not need to add oil or water or cover the skillet; covering will cause the steak to be steamed rather than panfried.

5. Cook for the time listed in the chart. If the steak has extra fat on it, fat may accumulate in the skillet; remove this fat with a spoon as it accumulates. Turn steaks thicker than 1/2 inch occasionally, turn steaks that are 1/2 inch thick once, until brown on both sides and desired doneness. To check doneness, cut a small slit in the center of boneless cuts or in the center near the bone of bone-in cuts. Medium-rare is very pink in center and slightly brown toward the edges. Medium is light pink in center and brown toward the edges. Or insert a meat thermometer in the center of the steak to check for desired doneness. Sprinkle salt and pepper over both sides of steak after cooking if desired. Serve immediately.

#### TIMETABLE FOR PANFRYING STEAKS

APPROXIMATE TOTAL			
COOKING TIME (MIN)	THICKNESS		145° to
	IN INCHES	RANGE-TOP TEMPERATURE	
160° TYPE			(medium-rare to medium)
Porterhouse & T-Bone to 10	1/2	Medium	8
Rib Eye 5	1/2	Medium-high	3 to
Sirloin (boneless)	3/4 to 1	Medium-low to Medium	10 to 12
Tenderloin 9	3/4 to 1	Medium	6 to

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Tip

Marbling in meats, refers to the small flecks of fat throughout the lean meat. The flavor and juiciness of the meat is improved with marbling.

Some steaks are aged; aging is a process done by a butcher and results in meat with firmer texture and a more concentrated beef flavor. Aged steaks are usually more expensive.

Nutr. Assoc. :

\* Exported from MasterCook \*

Greek Salad

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Salads

Amount	Measure	Ingredient -- Preparation Method
		Lemon Dressing -- (below)
1	bunch	spinach (1/2 pound)
1	head	Boston or Bibb lettuce
3	medium	green onions with tops
1	medium	cucumber
3	medium	tomatoes
24		pitted whole ripe olives (from a 6-ounce can)
3/4	cup	crumbled Feta cheese (3 ounces)
		LEMON DRESSING
1/4	cup	vegetable oil
2	tablespoons	lemon juice
1/2	teaspoon	sugar
1 1/2	teaspoons	Dijon mustard
1/4	teaspoon	salt
1/8	teaspoon	pepper

Prepare Lemon Dressing (below).

Remove and discard the stems of the spinach. Rinse the leaves in cool water. Shake off excess water, and blot to dry, or roll up the leaves in a clean, dry kitchen towel or paper towel to dry. Tear the leaves into bite-size pieces, and place in the bowl. You will need about 5 cups of spinach pieces.

Separate the leaves from the head of lettuce. Rinse the leaves with cool water. Shake off excess water, and blot to dry. Tear the leaves into bite-size pieces, and add to the bowl.

Peel and slice the green onions. Slice the cucumber. Cut the tomatoes into wedges. Add these vegetables and the olives to the bowl.

Break up any large pieces of the cheese with a fork, and add to the bowl.

Pour the dressing over the salad ingredients, and toss with 2 large spoons or salad tongs. To keep salad crisp, serve immediately.

LEMON DRESSING:

Shake all ingredients in a tightly covered jar or container. Shake again before pouring over salad.

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Per serving: 135 Calories (kcal); 11g Total Fat; (73% calories from fat); 3g Protein; 6g Carbohydrate; 13mg Cholesterol; 360mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: large salad or mixing bowl

Tips

Although the spinach you purchase may be labeled washed, you should wash it again because it may still contain some sand and dirt. Ready-to-eat spinach, available in bags, does not need to be washed.

If you do not want to eat the entire salad, save a portion of it in a plastic bag before adding the dressing. Seal tightly and refrigerate up to two days. Add just enough dressing to the salad to be served to coat the leaves lightly, and refrigerate remaining dressing.

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\* Exported from MasterCook \*

Green and Yellow Wax Beans

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount Measure Ingredient -- Preparation Method

-----  
1

pound green or yellow wax beans

When Shopping: The wax bean is a pale yellow variety of green bean. For green or yellow beans, look for long, smooth, crisp pods with fresh-looking tips and bright green or waxy yellow color. Wrap airtight and store in the refrigerator up to 5 days.

Preparing for Cooking: Wash beans, and cut off ends. Leave whole, or cut crosswise into about 1-inch pieces. To save time when cutting, place 3 to 4 beans side by side on a cutting board, and cut off all the ends at one time.

Boiling: Add 1 inch of water (and 1/4 teaspoon salt if desired) to a medium saucepan (about 2-quart size). Add the beans. Cover and heat to boiling over high heat. Once water is boiling, reduce heat just enough so water bubbles gently. Cook uncovered 5 minutes. Cover and cook 5 to 10 minutes longer or until crisp-tender when pierced with a fork; drain in a strainer.

Steaming: Place a steamer basket in 1/2 inch of water in a skillet or saucepan. The water should not touch the bottom of the basket. Place beans in basket. Cover tightly and heat to boiling over high heat. Once water is boiling, reduce heat to low. Steam covered 10 to 12 minutes or until crisp-tender when pierced with a fork.

Microwaving Pieces: Place beans and 1/2 cup water in a 1 1/2-quart microwavable casserole. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on High 9 to 12 minutes, stirring every 5 minutes, until crisp-tender when pierced with a fork. Let stand covered 5 minutes; drain in a strainer.

1 pound is enough for 4 servings

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Per serving: 31 Calories (kcal); trace Total Fat; (2% calories from fat); 2g Protein; 7g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26104

\* Exported from MasterCook \*

## Grilled Fish Steak

Recipe By :  
Serving Size : 1 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1/4	pound	Fish steak about 3/4 inch thick (1/4 to 1/3 pound)
		Salt and pepper, to taste
1	tablespoon	margarine or butter -- melted
1	teaspoon	lemon juice

Prepare the coals or a gas grill for direct heat. Heat to medium heat, which will take about 40 minutes for charcoal or about 10 minutes for a gas grill.

Sprinkle both sides of the fish steak with salt and pepper. Mix the margarine and lemon juice.

Grill the fish steak uncovered about 4 inches from medium heat 7 to 10 minutes, brushing 2 or 3 times with the margarine mixture.

Carefully turn the fish steak with a turner. If fish sticks to the grill, loosen it gently with a turner. Brush other side with margarine mixture.

Grill uncovered 7 to 10 minutes longer or until the fish flakes easily with a fork. Brush with margarine mixture.

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T(Grill):

"0:20"

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Per serving: 271 Calories (kcal); 19g Total Fat; (63% calories from fat); 24g Protein; 1g Carbohydrate; 66mg Cholesterol; 192mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: grill

Fish is easy to fix and so good for you. Fish is available whole, drawn and pan-dressed, but you'll find it most often in steaks or fillets. You can purchase fish fresh or frozen. When you select fresh fish, the scales should be bright with a sheen, the flesh should be firm and elastic and there should be no odor. Frozen fish should be tightly wrapped and frozen solid; there should be no discoloration and no odor.

#### Cuts of Fish

Fish steaks are the cross section of a large pan-dressed fish. Steaks are 1/2 to 3/4 inch thick. Allow 1/4 to 1/3 pound per serving.

Fish fillets are the sides of the fish, cut lengthwise from the fish. They can be purchased with or without skin. Fillets usually are boneless; however, small bones, called pins, may be present. Allow 1/4 to 1/3 pound per serving.

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\* Exported from MasterCook \*

#### Home-Style Potato Soup

Recipe By :  
Serving Size : 5 Preparation Time :0:00  
Categories : Chapter 4 Potatoes  
Soups and Stews

Amount	Measure	Ingredient -- Preparation Method
1	pound	potatoes (about 3 medium)
1	(14 1/2 ounce)	can ready-to-serve chicken broth
2	medium	green onions with tops
1 1/2	cups	milk
1/4	teaspoon	salt
1/8	teaspoon	pepper
1/8	teaspoon	dried thyme leaves

Peel the potatoes, and cut into large pieces.

Heat the chicken broth and potatoes to boiling in the saucepan over high heat, stirring occasionally with a fork to make sure potatoes do not stick to the saucepan. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook about 15 minutes or until potatoes are tender when pierced with a fork.

While the potatoes are cooking, peel and thinly slice the green onions. Cut green onions into thin slices, using some of the green part. Throw away the tip with the stringy end. If you have extra onions, wrap them airtight and store in the refrigerator up to 5 days.

When the potatoes are done, remove the saucepan from the heat, but do not drain. Break the potatoes into smaller pieces with the potato masher or

large fork. The mixture should still be lumpy.

Stir the milk, salt, pepper, thyme and onions into the potato mixture. Heat over medium heat, stirring occasionally, until hot and steaming, but do not let the soup boil.

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T(Cook):

"0:20"

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Per serving: 132 Calories (kcal); 3g Total Fat; (20% calories from fat); 6g Protein; 21g Carbohydrate; 10mg Cholesterol; 410mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: large saucepan (about 3-quart size); potato masher or large fork

Potato-Cheese Soup: Make Home-Style Potato Soup as directed. When soup is finished and very hot, gradually stir in 1 1/2 cups shredded Cheddar cheese until it is melted.

#### Tips

If you refrigerated leftover soup and it seems too thick, just stir in some milk, a little at a time, while reheating it.

Low-fat or nonfat milk can be used for this potato soup, but whole milk makes the soup a little richer and creamier.

Nutr. Assoc. : 4600 26438 26402 0 0 0 3159

\* Exported from MasterCook \*

#### Hot Artichoke Dip

Recipe By :  
Serving Size : 40 Preparation Time :0:00  
Categories : Appetizers Chapter 6  
Dips & Salsas Snacks and Desserts

Amount	Measure	Ingredient	-- Preparation Method
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4          medium green onions with tops
1      (16 ounce) can artichoke hearts
      1/2          cup mayonnaise
                        OR
      1/2          cup salad dressing
      1/2          cup grated Parmesan cheese
                        Crackers or cocktail rye bread -- if desired

```

Heat the oven to 350°.

Peel and chop the green onions.

Drain the artichoke hearts in a strainer. Chop the artichoke hearts into small pieces.

Mix the green onions, artichoke hearts, mayonnaise and cheese in the ungreased casserole.

Cover with lid or aluminum foil and bake 20 to 25 minutes or until hot. Serve with crackers.

Makes about 1 1/2 cups dip

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Yield:

"1 1/2 cups"

T(Bake):

"0:20"

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Per serving: 30 Calories (kcal); 3g Total Fat; (72% calories from fat); 1g Protein; 1g Carbohydrate; 2mg Cholesterol; 45mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Bake: 20 to 25 minutes

Essential Equipment: 1-quart casserole

Tips

To save time, mix ingredients in a microwavable casserole. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on Medium-High (70%) 4 to 5 minutes, stirring after 2 minutes.

Prepare this dip ahead of time, and refrigerate up to 24 hours. Heat when you are ready to serve it. Increase bake time about 5 minutes.

Lighter Artichoke Dip: For 1 gram of fat and 20 calories per serving, use 1/3 cup plain fat-free yogurt and three tablespoons reduced-fat mayonnaise for the 1/2 cup mayonnaise.

Nutr. Assoc. : 26402 42 0 0 2130706543 1034 0

\* Exported from MasterCook \*

### Italian Beef Kabobs

Recipe By :  
Serving Size : 2 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Beef Main Dishes  
Chapter 2

Amount	Measure	Ingredient -- Preparation Method
3/4	pound	beef bone-in sirloin or round steak -- 1 inch thick
2	cloves	garlic
1/4	cup	balsamic vinegar
1/4	cup	water
1	tablespoon	chopped fresh oregano
		OR
1	teaspoon	dried oregano leaves
2	tablespoons	olive or vegetable oil
1 1/2	teaspoons	chopped fresh marjoram
		OR
1/2	teaspoon	dried marjoram leaves
1	teaspoon	sugar

Cut and discard most of the fat and the bone from the beef. Cut beef into 1-inch pieces.

Peel and finely chop the garlic. Make a marinade by mixing the vinegar, water, oregano, oil, marjoram, sugar and garlic in a medium glass or plastic bowl. Stir in the beef until coated. Cover and refrigerate, stirring occasionally, at least 1 hour but no longer than 12 hours. If you are using bamboo skewers, soak them in water 30 minutes before using to prevent burning.

You may need to move the oven rack so it is near the broiler. Set the oven control to broil.

Remove the beef from the marinade, reserving the marinade. Thread the beef on the skewers, leaving a 1/2-inch space between each piece. Brush the kabobs with the marinade.

Place the kabobs on the rack in the broiler pan. Broil kabobs with tops about 3 inches from heat 6 to 8 minutes for medium-rare to medium doneness, turning and brushing with marinade after 3 minutes. (The distance from the heat to the food is important. If the food is too close to the heat, it will burn.) Discard any remaining marinade.

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

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T(Refrigerate):

"1:00"

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Per serving: 373 Calories (kcal); 22g Total Fat; (53% calories from fat); 38g Protein; 5g Carbohydrate; 99mg Cholesterol; 99mg Sodium  
Food Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Broil: 8 minutes

Essential Equipment: four 10-inch metal or bamboo skewers; broiler pan with rack

Tip

To save time, omit the garlic, vinegar, water, oregano, oil, marjoram and sugar, and instead, marinate the beef in 2/3 cup purchased Italian dressing in step 2.

Although you might be tempted to serve the extra marinade with the cooked kabobs, you should discard any marinade that has been in contact with raw meat. Bacteria from the raw meat could transfer to the marinade.

Nutr. Assoc. : 2228 0 0 0 0 0 2130706543 986 3382 0 2130706543 0

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### Italian Pasta Salad

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Pasta Salads

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----
		Garlic Vinaigrette Dressing (below)

2	cups	uncooked rotini or rotelle (spiral) pasta (6 ounces)
1	large	tomato
1/2		a medium cucumber
3	medium	green onions with tops (3 to 4 medium)
1	small	red or green bell pepper
1/4	cup	chopped ripe olives -- if desired

#### GARLIC VINAIGRETTE DRESSING

1	clove	garlic
1/4	cup	rice vinegar or white vinegar
2	tablespoons	water
2	tablespoons	olive or vegetable oil
1/2	teaspoon	salt
1/2	teaspoon	sesame or vegetable oil

Prepare Garlic Vinaigrette Dressing (below).

Fill the Dutch oven about half full of water. Add 1/4 teaspoon salt if desired. Cover and heat over high heat until the water is boiling rapidly. Add the pasta. Heat to boiling again. Boil uncovered, stirring frequently, 8 to 10 minutes for rotini, 9 to 11 minutes for rotelle, until tender.

While the water is heating and pasta is cooking, chop the tomato and cucumber, and peel and chop the onions. Place the vegetables in a large bowl.

Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Cut bell pepper into pieces, and add to vegetables in bowl.

Drain the pasta in a strainer or colander, and rinse thoroughly with cold water. Add pasta to vegetables in bowl. Add the olives.

Pour the dressing over the vegetables and pasta, and mix thoroughly. Cover and refrigerate about 30 minutes or until chilled.

#### GARLIC VINAIGRETTE DRESSING:

Peel and finely chop the garlic. Shake garlic and remaining ingredients in a tightly covered jar or container. Shake again before pouring over vegetables and pasta.

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T(Refrigerate):

"0:30"

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Per serving: 173 Calories (kcal); 6g Total Fat; (31% calories from fat); 4g Protein; 26g Carbohydrate; 0mg Cholesterol; 242mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size)

Ranch Pasta Salad: Use about 1/2 cup ranch dressing from the supermarket instead of the Garlic Vinaigrette Dressing.

#### Tips

The water being heated for cooking the pasta will boil sooner if it is covered with a lid.

Wrap any leftover onions and cucumber in plastic wrap and store in the refrigerator.

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\* Exported from MasterCook \*

### Italian Tomato Sauce with Pasta

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Chapter 4 Pasta  
 Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	medium	onion
1	large clove	garlic
1	small	green bell pepper
1	tablespoon	olive or vegetable oil
1	(14 1/2 ounce)	can whole tomatoes -- undrained
1	(8 ounce) can	tomato sauce
1	tablespoon	chopped fresh basil
		OR
1	teaspoon	dried basil leaves
1 1/2	teaspoons	chopped fresh oregano
		OR
1/2	teaspoon	dried oregano leaves
1/4	teaspoon	salt
1/4	teaspoon	fennel seed
1/8	teaspoon	pepper
7	ounces	uncooked spaghetti, fettuccine or linguine
		(7 to 8 ounces)

Peel and chop the onion. Peel and finely chop the garlic. Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Chop enough bell pepper to measure 1/4 cup. Wrap and refrigerate any remaining bell pepper.

Heat the oil in the saucepan over medium heat 1 to 2 minutes. Cook the onion, garlic and bell pepper in the oil 2 minutes, stirring occasionally.

Stir in the tomatoes with their liquid, and break them up with a fork. Stir in the tomato sauce, basil, oregano, salt, fennel seed and pepper. Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently and does not spatter.

Cover and cook 35 minutes, stirring about every 10 minutes to make sure mixture is just bubbling gently and to prevent sticking. Lower the heat if the sauce is bubbling too fast.

After the tomato sauce has been cooking about 20 minutes, fill the Dutch oven about half full of water. Add 1/2 teaspoon salt if desired. Cover and heat over high heat until the water is boiling rapidly. Add the spaghetti. Heat to boiling again. Boil uncovered 8 to 10 minutes, stirring frequently, until tender. If using fettuccine or linguine, boil 9 to 13 minutes.

Drain the spaghetti in a strainer or colander. Serve with the tomato sauce.

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T(Cook):

"0:35"

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Per serving: 271 Calories (kcal); 5g Total Fat; (14% calories from fat); 9g Protein; 50g Carbohydrate; 0mg Cholesterol; 634mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: medium saucepan (about 2-quart size); Dutch oven (about 4-quart size)

Tips

The cooking time over low heat for the sauce allows the flavor to develop.

A tightly held bundle of spaghetti, about the diameter of a quarter, weighs about 4 ounces, which makes about 2 servings.

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\* Exported from MasterCook \*

### Juicy Hamburgers -Three Ways: Broiling, Grilling and Panfrying

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Beef and Pork Main Dishes Beef Main Dishes  
 Chapter 2

Amount	Measure	Ingredient -- Preparation Method
1	pound	regular ground beef
		OR
1	pound	lean ground beef
3	tablespoons	water
1/2	teaspoon	salt
1/4	teaspoon	pepper
4		hamburger buns

#### BROILING HAMBURGERS

1. You may need to move the oven rack so it is 5 to 6 inches below the broiler. Set the oven control to broil.
2. Mix the beef, water, salt and pepper in a bowl. Shape the mixture into 4 uniform, flat patties, each about 3/4 inch thick. Shaping the patties to have smooth edges will keep them together during cooking and result in uniform doneness. Gently pinch to close any cracks in the patty. Handle the patties as little as possible. The more the beef is handled, the less juicy the burgers will be.
3. Place the patties on the rack in a broiler pan. (For easy cleanup, line the bottom of the broiler pan with aluminum foil before placing patties on rack.)
4. Broil patties with tops about 3 inches from heat 5 to 7 minutes on each side for doneness, turning once, until no longer pink in center and juice is clear. Serve on buns.

#### GRILLING HAMBURGERS

1. Prepare the coals or a gas grill for direct heat. Heat to medium heat, which will take about 40 minutes for charcoal or about 10 minutes for a gas grill.
2. Shape the hamburger patties as described in step 2 of Broiling Hamburgers.
3. Place the patties on the grill about 4 inches from medium heat. Grill uncovered 7 to 8 inches on each side for doneness, turning once, until no longer pink in center and juice is clear. Loosen patties gently with a turner to prevent crumbling. Serve on buns.

#### PANFRYING HAMBURGERS

1. Shape the hamburger patties as described in step 2 of Broiling Hamburgers.
2. Cook the patties in a skillet over medium heat about 10 minutes for doneness, turning occasionally, until no longer pink in center and juice is clear. Serve on buns.

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Per serving: 423 Calories (kcal); 26g Total Fat; (55% calories from fat); 24g Protein; 22g Carbohydrate; 85mg Cholesterol; 586mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

NOTES : Cheeseburgers: About 1 minute before the hamburgers are done, top each burger with 1 slice (1 ounce) American, Cheddar, Swiss or Monterey Jack cheese. Broil until cheese is melted and bubbling.

Store the uncooked meat immediately in the coldest part of your refrigerator, or freeze as soon as possible. Ground meat deteriorates more quickly than other cuts, so it should be used promptly.

Tips  
Don't press the beef patties with a spatula while cooking.  
Pressing squeezes natural juices out and makes the burgers dry and less tender.

For more flavor and better burgers, use lean or regular ground beef; hamburgers made with extra-lean ground beef may crumble when broiled. For a moister hamburger, use coarsely ground instead of finely ground beef.

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\* Exported from MasterCook \*

#### Mashed Potatoes

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side



Potatoes  
Thanksgiving Dinner

Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	pounds	potatoes (about 6 medium)
1/4	cup	margarine or butter (1/2 stick)
1/4	teaspoon	salt -- if desired
1/2	cup	milk
1/2	teaspoon	salt
	Dash	pepper

Wash and peel the potatoes, and cut into large pieces. Remove the margarine from the refrigerator so it can soften while the potatoes cook.

Add 1 inch of water (and the 1/4 teaspoon salt if desired) to the saucepan. Cover and heat to boiling over high heat. Add potato pieces. Cover and heat to boiling again. Once water is boiling, reduce heat just enough so water bubbles gently.

Cook covered 20 to 25 minutes or until tender when pierced with a fork. The cooking time will vary, depending on the size of the potato pieces and the type of potato used. Drain potatoes in a strainer.

Return the drained potatoes to the saucepan, and cook over low heat about 1 minute to dry them. While cooking, shake the pan often to keep the potatoes from burning, which can happen very easily once the water has been drained off.

Place the potatoes in a medium bowl to be mashed. You can mash them in the same saucepan they were cooked in if the saucepan will not be damaged by the potato masher or electric mixer.

Mash the potatoes with a potato masher or electric mixer until no lumps remain. Use a handheld potato masher for the fluffiest mashed potatoes. If using an electric mixer, do not mix too long; overmixing releases more potato starch, and the potatoes can become gummy. Add the milk in small amounts, beating after each addition. You may not use all the milk because the amount needed to make potatoes smooth and fluffy depends on the type of potato used. Add the margarine, 1/2 teaspoon salt and the pepper. Beat vigorously until potatoes are light and fluffy.

Makes 4 to 6 servings

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Per serving: 300 Calories (kcal); 13g Total Fat; (37% calories from fat); 6g Protein; 42g Carbohydrate; 4mg Cholesterol; 562mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: large saucepan (about 3-quart size); potato masher or electric mixer

Lighter Mashed Potatoes: For 6 grams of fat and 210 calories per serving, use skim milk and decrease the margarine to 2 tablespoons.

Garlic Mashed Potatoes: Peel six cloves of garlic, and cook them with the potatoes. Mash the garlic cloves with the potatoes.

#### Tips

Most types of potatoes can be used for mashed potatoes. Although russets are known as baking potatoes, they also can be boiled and mashed. Look for potatoes that are nicely shaped, smooth and firm with unblemished skin that is free from discoloration.

Place the milk in a microwavable measuring cup and microwave uncovered on High 40 seconds before adding to the mashed potatoes. The potatoes will stay hotter.

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\* Exported from MasterCook \*

### Meat Loaf

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Beef Main Dishes  
Chapter 2

Amount	Measure	Ingredient -- Preparation Method
1	pound	lean ground beef
1	clove	garlic
		OR
1/8	teaspoon	garlic powder
1	small	onion
2	slices	bread with crust
1/4	cup	milk
2	teaspoons	Worcestershire sauce
1	teaspoon	chopped fresh sage
		OR
1/4	teaspoon	dried sage leaves
1/4	teaspoon	salt
1/4	teaspoon	ground mustard (dry)
1/8	teaspoon	pepper

- |     |     |                |
|-----|-----|----------------|
| 1   |     | egg            |
| 1/3 | cup | ketchup        |
|     |     | OR             |
| 1/3 | cup | chili sauce    |
|     |     | OR             |
| 1/3 | cup | barbecue sauce |

Heat oven to 350°. Break up the beef into small pieces in a large bowl, using a fork or spoon.

Peel and finely chop the garlic. Peel the onion, and chop enough of the onion into small pieces to measure 3 tablespoons. Wrap remaining piece of onion, and refrigerate for another use. Add the garlic and onion to the beef.

Tear the bread into small pieces and add to beef mixture.

Add the milk, Worcestershire sauce, sage, salt, mustard, pepper and egg to the beef mixture. Mix with a fork, large spoon or your hands until the ingredients are well mixed.

Place the beef mixture in the ungreased baking pan. Almost any size pan will work; just be sure the pan has sides on it to catch the juices that will accumulate while the meat loaf bakes. Shape the mixture into an 8 x 4-inch loaf in the pan, and spread ketchup over the top.

Bake uncovered 50 to 60 minutes or until beef in center of loaf is no longer pink. Cut a small slit near center of loaf; meat and juices should no longer be pink. A meat thermometer inserted in the center of the loaf should read 160°. Let the loaf stand 5 minutes, so it will be easier to remove from the pan. Cut the loaf into slices.

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 T (Bake):  
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Per serving: 309 Calories (kcal); 16g Total Fat; (46% calories from fat); 25g Protein; 16g Carbohydrate; 119mg Cholesterol; 544mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Let Stand: 5 minutes  
 Essential Equipment: baking pan, such as 8-inch square pan or

9-inch pie pan

Lighter Meat Loaf: For 12 grams of fat and 270 calories per serving, substitute ground turkey for the ground beef, substitute 1/4 cup fat-free cholesterol-free egg product for the egg and use skim milk. Bake until 180°.

#### Tips

For more flavor, purchase a meat loaf mixture of ground beef, lamb and pork, already prepared in your supermarket meat case.

To save time, purchase fresh garlic already chopped or crushed. You'll find it in the produce section of the supermarket. Store it in the refrigerator after opening the jar.

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774 0 2130706543 0 2130706543

\* Exported from MasterCook \*

### Mexican Beef and Bean Casserole

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Beef Main Dishes  
Chapter 2

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
2	(15 ounce) cans	pinto beans (15 to 16 ounces each)
1	(8 ounce) can	tomato sauce
1/2	cup	mild chunky-style salsa
1	teaspoon	chili powder
1	cup	shredded Monterey Jack cheese (4 ounces)

Heat the oven to 375°.

Cook the beef in the skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.

Rinse and drain the beans in a strainer (Rinsing canned beans results in a cleaner taste and can reduce digestive problems). Mix the beef, beans, tomato sauce, salsa and chili powder in the ungreased baking pan.

Cover with lid or aluminum foil and bake 40 to 45 minutes, stirring once or twice, until hot and bubbly. Carefully remove the lid, and sprinkle cheese over the top. Continue baking uncovered about 5 minutes or until the cheese is melted.

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T(Bake):

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Per serving: 518 Calories (kcal); 24g Total Fat; (42% calories from fat); 38g Protein; 38g Carbohydrate; 96mg Cholesterol; 1588mg Sodium  
Food Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 10-inch skillet; 2-quart baking pan or casserole

Lighter Mexican Beef and Bean Casserole: For 18 grams of fat and 465 calories per serving, substitute ground turkey for the beef and reduced-fat Cheddar cheese for the Monterey Jack cheese.

Tips

For a flavor with more zip, use Monterey Jack cheese with jalapeño peppers or, as it's also known, pepper Jack cheese.

To spice up the flavor, next time try a higher spice level of salsa. If it is too hot, cool it with sour cream. Salsa comes in mild, hot and extra-hot.

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#### Mexican Snack Platter

Recipe By :  
Serving Size : 16 Preparation Time :0:00  
Categories : Appetizers Chapter 6  
Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
1	(15 ounce) can	refried beans
2	tablespoons	salsa, chili sauce or ketchup
1 1/2	cups	sour cream
1	cup	purchased guacamole
1	cup	shredded Cheddar cheese (4 ounces)
2	medium	green onions with tops
		Tortilla chips, if desired

Mix the refried beans and salsa in a small bowl. Spread in a thin layer over the serving plate.

Spread the sour cream over the beans, leaving about a 1-inch border of

beans around the edge. Spread the guacamole over the sour cream, leaving a border of sour cream showing.

Sprinkle the cheese over the guacamole. Peel and chop the green onions; sprinkle over the cheese. Cover with plastic wrap and refrigerate until serving time.

Serve the dip with tortilla chips for dipping.

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Per serving: 126 Calories (kcal); 9g Total Fat; (64% calories from fat); 4g Protein; 7g Carbohydrate; 17mg Cholesterol; 188mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 12- or 13-inch round serving plate or pizza pan

Tips

Purchase guacamole in the dairy section of the supermarket. It may be called "avocado dip" instead of "guacamole."

For a hotter flavor, use a flavored shredded cheese, such as pizza or nacho, instead of plain Cheddar.

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Mushrooms

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	pound	mushrooms

When Shopping: Look for creamy white to light brown caps that are tightly closed around the stems. If the caps have started to open and show the underside, or "gills," the mushrooms may not be fresh. To store, do not wash. Wrap in damp paper towels and refrigerate in a plastic bag up to 4 days.

Preparing for Cooking: Rinse mushrooms with cool water, but do not soak them because they will absorb water and become mushy. Dry thoroughly. Do not peel.

Cut off and discard the end of each stem. Cut each mushroom lengthwise into 1/4-inch slices.

Sautéing: Heat 2 tablespoons margarine or butter in a large skillet (about 10-inch size) over medium-high heat 1 to 2 minutes or until margarine begins to bubble. Add 1/2 pound mushroom slices (about 3 cups). Cook 6 to 8 minutes, lifting and stirring constantly with a turner or large spoon, until tender when pierced with a fork. If using a nonstick pan, you can use just 1 tablespoon margarine.

Steaming: Place a steamer basket in 1/2 inch of water in a skillet or saucepan. The water should not touch the bottom of the basket. Place mushroom slices in basket. Cover tightly and heat to boiling over high heat. Once water is boiling, reduce heat to low. Steam covered 6 to 8 minutes or until tender when pierced with a fork.

Microwaving: Place mushroom slices and 1/4 cup water in a 1 1/2-quart microwavable casserole. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on High 5 to 7 minutes or until tender when pierced with a fork; drain in a strainer.

1 pound is enough for 4 servings

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Per serving: 28 Calories (kcal); trace Total Fat; (12% calories from fat); 2g Protein; 5g Carbohydrate; 0mg Cholesterol; 5mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4977

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## New England Pot Roast

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Beef Main Dishes  
Chapter 2

Amount	Measure	Ingredient -- Preparation Method
2	pounds	beef arm, blade or cross rib pot roast (2 to 2 1/2 pounds)
3/4	teaspoon	salt
1/2	teaspoon	pepper
1/2	cup	prepared horseradish
1/2	cup	water
8	small	potatoes
6	medium	carrots
4	small	onions
		Pot Roast Gravy -- (below)
		POT ROAST GRAVY
		Water
1/4	cup	cold water
2	tablespoons	all-purpose flour

Place the pot roast in the room-temperature Dutch oven. Cook over medium heat, turning about every 6 minutes, until all sides are brown. Browning is important because it helps develop the rich flavor of the roast. If the roast sticks to the Dutch oven, loosen it carefully with a fork or turner. Remove the Dutch oven from the heat.

Sprinkle the salt and pepper over the roast. Spread the horseradish on top of the roast. Pour the water into the Dutch oven along the side of the roast, leaving the horseradish on top. Heat to boiling over high heat. Once water is boiling, reduce heat just enough so water bubbles gently. Cover and cook 2 hours. If more water is needed to keep the Dutch oven from becoming dry, add it 2 tablespoons at a time.

After the roast has been cooking for 1 1/2 hours, scrub the potatoes thoroughly with a vegetable brush, but do not peel. Cut each potato in half. Peel the carrots, and cut each into 4 equal lengths. Peel the onions and cut each in half. Add the potatoes, carrots and onions to the Dutch oven. Cover and cook about 1 hour or until the roast and vegetables are tender when pierced with a fork. Vegetables that are in the cooking liquid will cook more quickly, so you may want to move some of the vegetables from the top of the roast into the liquid to cook all uniformly.

Remove the roast and vegetables to a warm ovenproof platter or pan; keep warm by covering with aluminum foil or placing in oven with the temperature set at 200° or lower for no longer than 10 minutes. Prepare Pot Roast Gravy.

While keeping the gravy warm over low heat, cut the roast into 1/4-inch slices. Serve with the gravy and vegetables.



## POT ROAST GRAVY:

Gravy is easy if you measure the water and flour accurately. Remove all but about 1 tablespoon of fat from the Dutch oven by skimming off the liquid with a large spoon and discarding the fat. Add enough water to the liquid to measure 1 cup. Shake 1/4 cup water and the flour in a tightly covered jar. Gradually stir this mixture into the liquid. Heat to boiling over high heat, stirring constantly. Continue boiling 1 minute, stirring constantly, until thickened.

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Per serving: 589 Calories (kcal); 20g Total Fat; (31% calories from fat); 46g Protein; 55g Carbohydrate; 136mg Cholesterol; 638mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 5 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size) or 12-inch skillet

### Tips

Cut leftover cold pot roast into slices, for a hearty sandwich.

Look for prepared horseradish in glass jars in the condiment section of your supermarket.

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## Old-Fashioned Potato Salad

Recipe By :  
Serving Size : 5 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Potatoes Salads  
Side Dishes

Amount	Measure	Ingredient	-- Preparation Method
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1	pound	boiling potatoes (about 3 medium)
2		eggs
1	medium stalk	celery
1	medium	onion
3/4	cup	mayonnaise
		OR
3/4	cup	salad dressing
1 1/2	teaspoons	white vinegar
1 1/2	teaspoons	mustard
1/2	teaspoon	salt
1/8	teaspoon	pepper

Choose round red or round white potatoes to boil for potato salad because they will hold their shape when cooked. Russet potatoes do not work as well for potato salad. Peel the potatoes, and cut any large potatoes in half. Add 1 inch of water to the large saucepan. Cover and heat the water to boiling over high heat. Add potatoes. Cover and heat to boiling again. Once water is boiling, reduce heat just enough so water bubbles gently. Cook covered 20 to 25 minutes or until potatoes are tender when pierced with a fork. Drain potatoes in a strainer, and cool slightly. Cut potatoes into cubes.

While the potatoes are cooking, place the eggs in the medium saucepan. Cover with at least 1 inch of cold water, and heat to boiling over high heat. Remove the saucepan from the heat. Let stand covered 18 minutes. Immediately pour off the hot water from the eggs, then run cool water over them several seconds to prevent further cooking; drain.

Peel and chop the eggs. Chop the celery. Peel the onion, and chop enough of the onion to measure 1/4 cup. Wrap any remaining onion, and refrigerate for another use.

Mix the mayonnaise, vinegar, mustard, salt and pepper in a large bowl. Gently stir in the potatoes, celery and onion. Stir in the chopped eggs.

Cover and refrigerate at least 4 hours to blend flavors and to chill. Cover and refrigerate any remaining salad.

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T(Refrigerate):

"4:00"

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Per serving: 346 Calories (kcal); 30g Total Fat; (73% calories from fat); 5g Protein; 19g Carbohydrate; 86mg Cholesterol; 455mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: large saucepan (about 3-quart size); medium saucepan (about 2-quart size)

Lighter Potato Salad: For 1 gram of fat and 100 calories per serving, substitute 1/4 cup fat-free mayonnaise and 1/2 cup plain fat-free yogurt for the 3/4 cup mayonnaise. Use 1 egg.

#### Tips

Celery is grown and sold as a bunch and can be stored in a plastic bag in the refrigerator for up to 2 weeks. A stalk, or rib, is one stem out of the bunch. Stalks should be left attached to the bunch until used. Be sure to rinse the stalks and cut off the base and the leaves.

To do ahead, peel potatoes 2 or 3 hours before you plan to cook them. Put them in a bowl of cold water to keep them from turning a dark color, then cover and refrigerate.

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\* Exported from MasterCook \*

Omelet

Recipe By :  
Serving Size : 1 Preparation Time :0:00  
Categories : Chapter 4 Eggs  
Meatless Main Dishes Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
2		eggs
2	teaspoons	margarine or butter
		Salt and pepper, if desired

Beat the eggs in a small bowl with a fork or wire whisk until yolks and whites are well mixed.

Heat the margarine in the skillet over medium-high heat until margarine is hot and sizzling. As margarine melts, tilt skillet to coat bottom with margarine.

Quickly pour the eggs into the skillet. While sliding the skillet back and forth rapidly over the heat, quickly stir the eggs with a fork to spread them continuously over the bottom of the skillet as they thicken. When they are thickened, let stand over the heat a few seconds to lightly brown the bottom. Do not overcook—the omelet will continue to cook after being folded.

Tilt the skillet and run a spatula or fork under the edge of the omelet,

then jerk the skillet sharply to loosen omelet from bottom of skillet.  
Fold the portion of the omelet nearest you just to the center.

Allow for a portion of the omelet to slide up the side of the skillet.  
Turn the omelet onto a warm plate, flipping folded portion of omelet over  
so the far side is on the bottom. Tuck sides of omelet under if necessary.  
Sprinkle with salt and pepper.

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Per serving: 199 Calories (kcal); 16g Total Fat; (75% calories from fat); 11g  
Protein; 1g Carbohydrate; 395mg Cholesterol; 189mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2  
Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 8-inch skillet

Cheese Omelet: Before folding omelet, sprinkle with 1/4 cup  
shredded Cheddar, Monterey Jack or Swiss cheese or 1/4 cup  
crumbled blue cheese.

Denver Omelet: Cook 2 tablespoons chopped fully cooked ham, 1  
tablespoon finely chopped bell pepper and 1 tablespoon finely  
chopped onion in the margarine about 2 minutes, stirring  
frequently, before adding eggs.

Tips

To warm a plate for serving the omelet, run hot water over the  
serving plate, then dry it thoroughly just before cooking the  
omelet.

Using a nonstick skillet makes preparing an omelet easier.

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\* Exported from MasterCook \*

Orange Smoothie

Recipe By :

Serving Size : 4 Preparation Time :0:00  
Categories : Beverages  
Desserts

Chapter 6  
Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
1	quart	vanilla frozen yogurt or ice cream -- slightly softened
1/2	cup	frozen (thawed) orange juice concentrate
1/4	cup	milk
		Fresh orange slices, if desired

Place the yogurt, orange juice concentrate and milk in a blender. Cover and blend on medium speed about 45 seconds, stopping blender occasionally to scrape sides, until thick and smooth.

Pour mixture into 4 glasses. Garnish with orange slices.

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Per serving: 295 Calories (kcal); 9g Total Fat; (25% calories from fat); 7g Protein; 49g Carbohydrate; 5mg Cholesterol; 134mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 2 Fat; 2 1/2 Other Carbohydrates

Serving Ideas : Serve these special drinks in your prettiest clear glasses for a quick, freshly made dessert.

NOTES : Essential Equipment: blender

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\* Exported from MasterCook \*

### Orange-Glazed Pork Chops

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Chapter 2  
Pork Main Dishes

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

4			pork loin or rib chops -- about 1/2 inch thick (about 1
1/4			pounds total)
			Cooking spray
1/4	teaspoon		salt
1/8	teaspoon		pepper
1/2	cup		orange juice
1/4	cup		dry white wine
			OR
1/4	cup		chicken broth
1	tablespoon		chopped fresh tarragon
			OR
1/2	teaspoon		dried tarragon leaves
1	tablespoon		cornstarch
2	tablespoons		water

Cut and discard most of the fat from the pork chops. Spray the room-temperature skillet with cooking spray, and heat over medium heat 1 to 2 minutes. Sprinkle salt and pepper over both sides of pork chops. Cook pork chops in hot skillet about 5 minutes, turning once, until light brown. Remove the skillet from the heat.

Add the orange juice, wine and tarragon to the skillet. Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook 10 to 15 minutes, stirring occasionally, until pork is slightly pink when you cut a small slit near the bone.

While the pork chops are cooking, mix the cornstarch and water.

When the pork chops are done, remove from the skillet to a serving platter. Cover with aluminum foil or lid to keep warm. Stir cornstarch mixture into orange juice mixture in skillet. Cook over medium heat, stirring constantly, until mixture thickens and boils. Continue boiling 1 minute, stirring constantly. Pour over pork chops.

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Per serving: 178 Calories (kcal); 8g Total Fat; (43% calories from fat); 19g Protein; 5g Carbohydrate; 41mg Cholesterol; 223mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 10-inch skillet

#### Tips

Serve with roasted sweet potatoes: Scrub fresh medium sweet potato with a vegetable brush, and pierce with fork or knife. Bake at 350° about 1 hour or until tender when pierced with a fork. Serve with butter.

For recipe success, stir the cornstarch mixture constantly while you are heating it; otherwise, the consistency will be lumpy and uneven.

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\* Exported from MasterCook \*

### Oven-Barbecued Chicken

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
3	pounds	cut-up broiler-fryer chicken (3 to 3 1/2 pounds)
3/4	cup	chili sauce
2	tablespoons	honey
2	tablespoons	soy sauce
1	teaspoon	ground mustard (dry)
1/2	teaspoon	prepared horseradish
1/2	teaspoon	red pepper sauce

If the chicken is frozen, place it in the refrigerator the night before you plan to use it or for at least 12 hours. Cut and discard fat from chicken with kitchen scissors or knife. Rinse chicken under cold water, and pat dry with paper towels.

Heat the oven to 375°.

Place the chicken, skin sides down, in a single layer in the ungreased pan. Cover with aluminum foil and bake 30 minutes.

While the chicken is baking, mix the chili sauce, honey, soy sauce, mustard, horseradish and pepper sauce in a small bowl. Remove chicken from oven, and turn pieces over. To retain juices and keep chicken from becoming dry, turn pieces with tongs instead of a fork.

Pour sauce over chicken, spooning sauce over chicken pieces if necessary to coat them completely.

Continue baking uncovered about 30 minutes longer or until juice of chicken is no longer pink when you cut into the center of the thickest pieces. Spoon remaining sauce over chicken before serving.

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Per serving: 193 Calories (kcal); 7g Total Fat; (33% calories from fat); 24g Protein; 8g Carbohydrate; 69mg Cholesterol; 440mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Essential Equipment: 13 x 9-inch rectangular pan

Tip

To save time, omit sauce ingredients and use 1 cup purchased barbecue sauce.

When handling uncooked poultry, be sure to keep your hands, utensils and countertops soap-and-hot-water clean. When cleaning up after working with raw poultry, be sure to use disposable paper towels.

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\* Exported from MasterCook \*

#### Oven-Fried Chicken

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Chapter 3

Poultry & Seafood Main Dishes

Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
3	pounds	cut-up broiler-fryer chicken (3 to 3 1/2 pounds)
1/4	cup	margarine or butter (1/2 stick)
1/2	cup	all-purpose flour
1	teaspoon	paprika
1/2	teaspoon	salt
1/4	teaspoon	pepper

If the chicken is frozen, place it in the refrigerator the night before



you plan to use it or for at least 12 hours. Cut and discard fat from chicken with kitchen scissors or knife. Rinse chicken under cold water, and pat dry with paper towels.

Heat the oven to 425°. Place the margarine in the rectangular pan, and melt in the oven, which will take about 3 minutes.

Mix the flour, paprika, salt and pepper in a large plastic bag. Place the chicken, a few pieces at a time, in the bag, seal the bag and shake to coat with flour mixture. Place the chicken, skin sides down, in a single layer in margarine in pan.

Bake uncovered 30 minutes. Remove chicken from oven, and turn pieces over with tongs. Continue baking uncovered about 30 minutes longer or until juice of chicken is no longer pink when you cut into the center of the thickest pieces. If chicken sticks to the pan, loosen it gently with a turner or fork.

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Per serving: 268 Calories (kcal); 15g Total Fat; (50% calories from fat); 24g Protein; 8g Carbohydrate; 89mg Cholesterol; 342mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with Garlic Mashed Potatoes (see Mashed Potato recipe). Peel potatoes after chicken goes into the oven to bake. Start to cook the potatoes and garlic just before turning the chicken.

NOTES : Essential Equipment: 13 × 9-inch rectangular pan

Lighter Oven-Fried Chicken: For 6 grams of fat and 160 calories per serving, remove the skin from chicken before cooking by lifting and pulling skin away from chicken. Loosen and cut away connective membrane with kitchen scissors or knife. Do not melt margarine in pan; instead, spray pan with cooking spray. Decrease margarine to 2 tablespoons; melt the margarine, and drizzle over chicken after turning in step 4.

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\* Exported from MasterCook \*

### Panfried Fish Fillets

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	lean fish fillets -- about 3/4 inch thick
1/2	teaspoon	salt
1/8	teaspoon	pepper
1		egg
1	tablespoon	water
1/2	cup	all-purpose flour
		OR
1/2	cup	cornmeal
		OR
1/2	cup	grated Parmesan cheese
		Vegetable oil or shortening

Cut the fish fillets into 6 serving pieces. Sprinkle both sides of fish with salt and pepper.

Beat egg and water in the shallow bowl or pie pan until well mixed. Sprinkle the flour on waxed paper or a plate. Dip both sides of fish pieces into egg, then coat completely with flour.

Heat the oil (1/8 inch) in the skillet over medium heat about 2 minutes. Fry the fish in the oil 6 to 10 minutes, turning fish over once, until the fish flakes easily with a fork and is brown on both sides. Drain on paper towels.

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Per serving: 217 Calories (kcal); 8g Total Fat; (35% calories from fat); 26g Protein; 8g Carbohydrate; 97mg Cholesterol; 246mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: shallow bowl or pie pan; 10-inch skillet

Fish is easy to fix and so good for you. Fish is available whole, drawn and pan-dressed, but you'll find it most often in steaks or fillets. You can purchase fish fresh or frozen. When you select fresh fish, the scales should be bright with a sheen, the flesh should be firm and elastic and there should be no odor. Frozen fish should be tightly wrapped and frozen solid; there should be no discoloration and no odor.

#### Cuts of Fish

Fish steaks are the cross section of a large pan-dressed fish. Steaks are 1/2 to 3/4 inch thick. Allow 1/4 to 1/3 pound per serving.

Fish fillets are the sides of the fish, cut lengthwise from the fish. They can be purchased with or without skin. Fillets usually are boneless; however, small bones, called pins, may be present. Allow 1/4 to 1/3 pound per serving.

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#### Parmesan-Dijon Chicken

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
6		skinless, boneless chicken breast halves (about 1/4 pound each)
1/4	cup	margarine or butter (1/2 stick)
3/4	cup	dry bread crumbs
1/4	cup	grated Parmesan cheese
2	tablespoons	Dijon mustard

If the chicken is frozen, place it in the refrigerator the night before you plan to use it or for at least 12 hours. Cut and discard fat from chicken with kitchen scissors or knife. Rinse chicken under cold water, and pat dry with paper towels.

Heat the oven to 375°. Either place the margarine in the shallow microwavable dish and microwave uncovered on High about 15 seconds until melted, or place the margarine in a pie pan and place in the oven about 1 minute until melted.

Mix the bread crumbs and cheese in a large plastic bag. Stir the mustard into the melted margarine until well mixed.

To make breadcrumbs, place 4 pieces of bread on a cookie sheet and in a 200° oven about 20 minutes or until dry;cool. Crush into crumbs with a rolling pin or clean bottle.

Dip the chicken, one piece at a time, into the margarine mixture, coating all sides. Then place in the bag of crumbs, seal the bag and shake to coat with crumb mixture. Place the chicken in a single layer in the ungreased rectangular pan.

Bake uncovered 20 to 30 minutes, turning chicken over once with tongs, until juice of chicken is no longer pink when you cut into the center of the thickest pieces. If chicken sticks to the pan during baking, loosen it gently with a turner or fork.

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Per serving: 270 Calories (kcal); 11g Total Fat; (37% calories from fat); 31g Protein; 10g Carbohydrate; 71mg Cholesterol; 407mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with Twice-Baked Potatoes (see recipe), which can bake at the same time as the chicken. Put the potatoes in the oven before you begin preparing the chicken.

NOTES : Essential Equipment: shallow microwavable dish or pie pan;  
rectangular pan (about 13 x 9 inches)

#### Tips

For recipe success, pat rinsed chicken until it's very dry before dipping it into the margarine mixture, or the coating will not adhere.

To make bread crumbs: Place 4 pieces of bread on a cookie sheet and heat in a 200° oven about 20 minutes or until dry; cool. Crush into crumbs with a rolling pin or clean bottle.

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Parsley Potatoes

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Chapter 5 On the Side  
 Potatoes Side Dishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	new potatoes (about 10 to 12 whole)
2	tablespoons	margarine or butter
		Parsley sprigs
1/4	teaspoon	salt -- if desired
1/8	teaspoon	pepper -- if desired

Scrub the potatoes thoroughly with a vegetable brush to remove all the dirt. Peel a narrow strip around the center of each potato with a vegetable peeler. This will make the potatoes look prettier when they are served. If you're in a hurry, you don't need to peel this strip.

Add 1 inch of water to the Dutch oven. Cover and heat the water to boiling over high heat. Add potatoes. Cover and heat to boiling again. Once water is boiling, reduce heat just enough so water bubbles gently. Cook covered 20 to 25 minutes or until tender when pierced with a fork; drain in a strainer.

While the potatoes are cooking, place the margarine in a small microwavable bowl or measuring cup. Microwave uncovered on High 15 to 30 seconds or until melted.

Rinse a few sprigs of the parsley with cool water, and pat dry with a paper towel. Chop enough parsley leaves into small pieces on a cutting board using a chef's knife to measure 1 tablespoon, or place the leafy portion of the parsley in a small bowl or cup and snip into very small pieces with kitchen scissors. Discard the stems.

After draining the potatoes, return them to the Dutch oven. Drizzle the melted margarine over the potatoes, and sprinkle with the chopped parsley, salt and pepper. Stir gently to coat the potatoes.

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Per serving: 185 Calories (kcal); 6g Total Fat; (27% calories from fat); 4g Protein; 31g Carbohydrate; 0mg Cholesterol; 210mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size)

To Microwave 4 potatoes: Choose potatoes of similar size. Pierce potatoes with a fork to allow steam to escape. Place potatoes and 1/4 cup water in a 2-quart microwavable casserole, arranging larger potatoes to the outside edge. Cover with plastic wrap, folding back 2-inch edge to vent. Microwave on High 10 to 12 minutes, stirring after 5 minutes, until tender when pierced with a fork. Let stand covered 1 minute; drain in a strainer. Melt margarine as directed in step 3, and continue with the recipe.

Tip

When shopping, look for nicely shaped, smooth, firm potatoes with unblemished skins that are free from discoloration. Store in a cool, dark place, and use within 3 days.

For easy preparation, purchase potatoes that are all about the same size so they will cook in the same length of time.

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Pasta Primavera

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 4 Pasta  
Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
8	ounces	uncooked fettuccine or linguine
2	medium	carrots
1	small	onion
1	tablespoon	olive or vegetable oil
1	cup	broccoli flowerets
1	cup	cauliflowerets
1	cup	frozen green peas
1	(10 ounce) container	refrigerated Alfredo sauce
		Grated Parmesan cheese -- if desired

Fill the Dutch oven about half full of water. Add 1/2 teaspoon salt if desired. Cover and heat over high heat until the water is boiling rapidly. Add the fettuccine. Heat to boiling again. Boil uncovered 11 to 13 minutes, stirring frequently, until tender. While the water is heating and the fettuccine is cooking, continue with the recipe.

Peel the carrots, and cut crosswise into thin slices. Peel and chop the onion.

Heat the oil in the skillet over medium-high heat 1 to 2 minutes. Add the

carrots, onion, broccoli flowerets, cauliflowerets and frozen peas.  
Stir-fry with a turner or large spoon 6 to 8 minutes, lifting and stirring constantly, until vegetables are crisp-tender when pierced with a fork.

Stir the Alfredo sauce into the vegetable mixture. Cook over medium heat, stirring constantly, until hot.

Drain the fettuccine in a strainer or colander. Stir the fettuccine into the vegetable mixture. Serve with cheese.

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Per serving: 443 Calories (kcal); 17g Total Fat; (34% calories from fat); 14g Protein; 59g Carbohydrate; 40mg Cholesterol; 447mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size); 12-inch skillet

Tip

To save time, substitute a 16-ounce bag of fresh vegetables for stir-fry, available in the produce section of the supermarket, for the vegetables in this recipe.

Many supermarkets carry fresh broccoli flowerets and cauliflowerets already washed and ready to use. You'll find them in the produce department.

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Pesto with Pasta

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 4 Pasta  
Pasta & Meatless Main Dishes

Amount	Measure	Ingredient	--	Preparation Method
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3	cups	uncooked rigatoni pasta (8 ounces)
1	cup	fresh basil leaves
2	cloves	garlic
1/3	cup	grated Parmesan cheese
1/3	cup	olive or vegetable oil
2	tablespoons	pine nuts or walnut pieces
		Grated Parmesan cheese -- if desired

Fill the Dutch oven about half full of water. Add 1/2 teaspoon salt if desired. Cover and heat over high heat until the water is boiling rapidly. Add the pasta. Heat to boiling again. Boil uncovered 9 to 11 minutes, stirring frequently, until tender. While the water is heating and the pasta is cooking, continue with the recipe to make the pesto.

To measure basil, firmly pack basil leaves into a measuring cup. Use the style of cup designed for dry ingredients, usually made of metal instead of glass. Rinse the basil leaves with cool water, and pat dry thoroughly with a paper towel or clean, dry kitchen towel. Peel the garlic.

Place the basil leaves, garlic, 1/3 cup cheese, the oil and pine nuts in the blender. Cover and blend on medium speed about 3 minutes, stopping blender occasionally to scrape sides, until smooth.

Drain the pasta in a strainer or colander, and place in a large serving bowl or back in the Dutch oven. Immediately pour the pesto over the hot pasta, and toss until pasta is well coated. Serve with additional cheese.

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#### Description:

"Pesto can be used as a spread on sandwiches, mixed into salads or used as a topping for hot meats or vegetables."

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Per serving: 456 Calories (kcal); 23g Total Fat; (46% calories from fat); 12g Protein; 49g Carbohydrate; 5mg Cholesterol; 129mg Sodium  
Food Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size); blender or food processor



Cilantro Pesto: Substitute 3/4 cup firmly packed fresh cilantro leaves and 1/4 cup firmly packed fresh parsley leaves for the fresh basil.

Spinach Winter Pesto: Substitute 1 cup firmly packed fresh spinach leaves and 1/4 cup firmly packed fresh basil leaves, or 2 tablespoons dried basil leaves, for the 1 cup fresh basil.

#### Tips

Store pesto airtight in the refrigerator up to 5 days or in the freezer up to 1 month. Cover and store immediately because its color will darken as it stands.

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### Pork Chops and Apples

Recipe By :  
Serving Size : 2 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Chapter 2  
Pork Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	medium	apple, such as Granny Smith, Wealthy or Rome Beauty
2	tablespoons	packed brown sugar
1/4	teaspoon	ground cinnamon
2	(1/4 pound)	pork rib chops -- 1/2 to 3/4 inch thick
		Cooking spray

Heat the oven to 350°.

Cut the apple into fourths, and remove the seeds. Cut each fourth into 3 or 4 wedges. Place apple wedges in the casserole. Sprinkle the brown sugar and cinnamon over the apples.

Cut and discard most of the fat from the pork chops, being careful not to cut into the meat. Spray the skillet with cooking spray, and heat over medium heat 1 to 2 minutes. Cook pork chops in hot skillet about 5 minutes, turning once, until light brown.

Place the pork chops in a single layer on the apple wedges. Cover with lid or aluminum foil and bake about 45 minutes or until pork is slightly pink when you cut into the center and apples are tender when pierced with a fork.

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Per serving: 180 Calories (kcal); 4g Total Fat; (19% calories from fat); 15g Protein; 22g Carbohydrate; 36mg Cholesterol; 36mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates

Serving Ideas : Serve with baked Acorn Squash (see recipe) and a green salad with Honey-Dijon Dressing (see Spinach-Strawberry Salad recipe).

NOTES : Essential Equipment: 1 1/2-quart casserole; small nonstick skillet (8- or 10-inch size)

Follow cook times for pork carefully. Today's pork is lean and requires shorter cooking times. Overcooking pork will make it tough.

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### Pork Tenderloin with Rosemary

Recipe By :  
Serving Size : 3 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Chapter 2  
Pork Main Dishes

Amount	Measure	Ingredient -- Preparation Method
		Cooking spray
1	clove	garlic
1/4	teaspoon	salt
1/8	teaspoon	pepper
3/4	pound	pork tenderloin (1 whole)
1 1/2	teaspoons	finely chopped rosemary
		OR
1/2	teaspoon	dried rosemary leaves -- crumbled

Heat the oven to 425°. Spray the baking pan with cooking spray.

Peel and crush the garlic. (Garlic can be crushed in a special tool, called a garlic press, or by pressing with the side of a knife or mallet to break into small pieces.) Sprinkle salt and pepper over all sides of the pork tenderloin.

Rub rosemary and garlic on all sides of pork. (When using dried rosemary,

crumble the herbs in the palm of your hand to release more flavor before rubbing them onto the pork.) Place pork in the sprayed pan.

Bake uncovered 27 to 30 minutes or until meat thermometer inserted in thickest part of pork reads 160° or pork is slightly pink when you cut into the center. Cut pork crosswise into thin slices.

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Per serving: 138 Calories (kcal); 4g Total Fat; (26% calories from fat); 24g Protein; trace Carbohydrate; 74mg Cholesterol; 235mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with Stir-Fried Green Beans and Pepper (see recipe), which you can easily prepare while the pork is baking.

NOTES : Essential Equipment: baking pan, such as 8-inch square or 11 x 7-inch rectangle

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### Pumpkin Pie

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Chapter 6

Snacks and Desserts

Desserts

Thanksgiving Dinner

Amount	Measure	Ingredient -- Preparation Method
2		Pat-in-the-Pan Pastry -- (below)
		eggs
1/2	cup	sugar
1	teaspoon	ground cinnamon
1/2	teaspoon	salt
1/2	teaspoon	ground ginger
1/8	teaspoon	ground cloves

1	(16 ounce) can	pumpkin
1	(12 ounce) can	evaporated milk
		Sweetened Whipped Cream -- (below)
		OR
1	cup	frozen (thawed) whipped topping
PAT-IN-THE-PAN PASTRY		
1 1/3	cups	all-purpose flour
1/3	cup	vegetable oil
1/2	teaspoon	salt
2	tablespoons	cold water
SWEETENED WHIPPED CREAM		
1/2	cup	whipping (heavy) cream
1	tablespoon	granulated or powdered sugar

Heat the oven to 425°. Prepare Pat-in-the-Pan Pastry (below).

Beat the eggs slightly in a large bowl with a wire whisk or hand beater. Beat in the sugar, cinnamon, salt, ginger, cloves, pumpkin and milk.

To prevent spilling, place pastry-lined pie plate on oven rack before adding filling. Carefully pour the pumpkin filling into the pie plate. Bake 15 minutes.

Reduce the oven temperature to 350°. Bake about 45 minutes longer or until a knife inserted in the center comes out clean. Place pie on a wire cooling rack after baking. If after 4 to 6 hours the pie has not been served, cover and refrigerate it.

Serve pie with Sweetened Whipped Cream (below). Cover and refrigerate any remaining pie up to 3 days.

#### PAT-IN-THE-PAN PASTRY:

Mix the flour, oil and salt with a fork in a medium bowl until all flour is moistened. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all water is absorbed. Shape pastry into a ball, using your hands. Press pastry in bottom and up side of pie pan.

#### SWEETENED WHIPPED CREAM:

Beat the whipping cream and sugar in a chilled medium bowl with the electric mixer on high speed until stiff peaks form. Serve immediately, or continue with recipe to freeze and use later. Place waxed paper on cookie sheet. Drop whipped cream by 8 spoonfuls onto waxed paper. Freeze uncovered at least 2 hours. Place frozen mounds of whipped cream in a freezer container. Cover tightly and freeze no longer than 2 months.

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Per serving: 356 Calories (kcal); 19g Total Fat; (47% calories from fat); 7g Protein; 40g Carbohydrate; 80mg Cholesterol; 335mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat; 1 Other Carbohydrates

NOTES : Essential Equipment: 9-inch pie pan; electric mixer or hand beater

Lighter Pumpkin Pie: For 2 grams of fat and 120 calories per serving, omit Pat-in-the-Pan Pastry. Heat the oven to 350°. Spray 9-inch pie pan with cooking spray. Use evaporated skimmed milk. Prepare filling as directed; pour into sprayed pie pan. Bake about 45 minutes or until knife inserted in center comes out clean.

#### Tips

Be sure to purchase canned pumpkin, not pumpkin pie mix, for this recipe. The pumpkin pie mix would require a different recipe.

The whipping cream will beat up more easily if the bowl and beaters for the mixer are chilled in the refrigerator for about 20 minutes before beating.

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2130706543 0 0 0 0 0 0 0 0 721 1440

\* Exported from MasterCook \*

### Quesadillas

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Appetizers Chapter 4  
Meatless Main Dishes Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	small	tomato
3	medium	green onions with tops
6		flour tortillas (8 to 10 inches in diameter)
2	cups	shredded Colby or Cheddar cheese (8 ounces)
2	tablespoons	chopped green chilies (from a 4-ounce can) Chopped fresh cilantro or parsley, if desired

Heat the oven to 350°.

Cut tomato in half; place cut side down on cutting board, and chop into small pieces. Peel and chop the green onions.

Place the tortillas on a clean counter or on waxed paper. Sprinkle 1/3 cup of the cheese evenly over half of each tortilla. Top cheese with tomato, onions, chilies and cilantro, dividing ingredients so each tortilla has an equal amount.

Fold tortillas over filling, and place on the ungreased cookie sheet.

Bake about 5 minutes or just until cheese is melted. Cut each quesadillas into wedges or strips, beginning cuts from the center of the folded side.

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Description:

"Quesadillas can be served as an appetizer or as a main dish. Add shredded cooked beef or chicken or refried beans to the filling for a heartier main dish."

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T(Bake):

"0:05"

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Per serving: 264 Calories (kcal); 15g Total Fat; (50% calories from fat); 13g Protein; 20g Carbohydrate; 40mg Cholesterol; 390mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: cookie sheet or large shallow baking pan  
(about 15 x 10 inches)

Lighter Quesadillas: For 10 grams of fat and 245 calories per serving, use reduced-fat cheese and reduced-fat tortillas.

Tips

If not all the tortillas will fit on your cookie sheet, bake just some of them at a time. Bake more as you need them, so they'll always be hot.

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\* Exported from MasterCook \*

## Quick Chicken Soup

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes Soups and Stews

Amount	Measure	Ingredient -- Preparation Method
3/4	pound	cooked chicken (about 2 cups cut up)
2	medium stalks	celery
2	medium	carrots
1	medium	onion
2	cloves	garlic
4	(14 1/2 ounce)	cans ready-to-serve 1/3-less-sodium chicken broth
1	cup	frozen green peas
1	tablespoon	chopped fresh parsley OR
1	teaspoon	parsley flakes
1	tablespoon	chopped fresh thyme OR
1	teaspoon	dried thyme leaves
1/4	teaspoon	pepper
1		dried bay leaf
1	cup	uncooked gemelli or rotini pasta (4 ounces)

Cut the chicken into 1/2-inch pieces. Slice the celery. Peel and slice the carrots. Peel and chop the onion. Hit garlic clove with flat side of heavy knife to crack the skin, which will then slip off easily. Finely chop garlic with knife.

Heat the chicken, celery, carrots, onion, garlic, broth, frozen peas, parsley, thyme, pepper and bay leaf to boiling in the Dutch oven over high heat. Stir in the pasta. Heat to boiling over high heat, stirring occasionally to prevent sticking. Once mixture is boiling, reduce heat just enough so mixture bubbles gently.

Cook uncovered 10 to 15 minutes, stirring occasionally, until pasta is tender and vegetables are tender when pierced with a fork. Remove and discard bay leaf.

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T(Cook) :  
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Per serving: 268 Calories (kcal); 5g Total Fat; (15% calories from fat); 33g Protein; 23g Carbohydrate; 51mg Cholesterol; 666mg Sodium  
Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size)

Tip

Leftover chicken soup freezes well. Place it in a moistureproof and vaporproof container such as a plastic container with tight-fitting lid; label and date before freezing.

For food safety—and the best flavor—cooked poultry should be wrapped tightly and refrigerated no longer than 2 days.

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26370 4363

\* Exported from MasterCook \*

Quick Guacamole

Recipe By :  
Serving Size : 32 Preparation Time :0:00  
Categories : Chapter 6 Dips & Salsas  
Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
2	large	ripe avocados
1	tablespoon	lime juice
1/3	cup	chunky-style salsa
		Tortilla chips, if desired

Scoop out the avocado pulp into a medium bowl, using a spoon. Add the lime juice, and mash the avocado with a fork.

Stir in the salsa. Serve with tortilla chips. Cover and refrigerate any remaining dip.

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Yield:

"2 Cups"

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Per serving: 21 Calories (kcal); 2g Total Fat; (75% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: large knife, such as a chef's knife

#### Tips

Firm, unripe avocados are usually what are available in the supermarket. Let the avocado ripen at room temperature until it yields to gentle pressure but is still firm.

The lime juice keeps the color of the mashed avocado from darkening. Add it to the avocado pulp as soon as possible.  
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\* Exported from MasterCook \*

#### Quick Lasagna

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Beef Main Dishes  
Chapter 2

Amount	Measure	Ingredient -- Preparation Method
1	clove	garlic
1/2	pound	ground beef
1	teaspoon	Italian seasoning
1	cup	spaghetti sauce
6		purchased precooked or oven-ready lasagna noodles (each about 7 x 3 inches)
1	(12 ounce) container	reduced-fat cottage cheese (1 1/2 cups)
1	cup	shredded Mozzarella cheese (4 ounces)
2	tablespoons	grated Parmesan cheese

Heat the oven to 400°. Peel and finely chop the garlic. Cook the beef and

garlic in the skillet over medium heat about 5 minutes, stirring occasionally, until the beef is brown; drain.

Stir the Italian seasoning and spaghetti sauce into the beef. Spread 1/4 cup of the beef mixture in the ungreased square pan.

Top with 2 noodles, placing them so they do not overlap or touch the sides of the pan because they will expand as they bake. Spread about 1/2 cup of the remaining beef mixture over the noodles.

Spread about 1/2 cup of the cottage cheese over the beef mixture. Sprinkle with about 1/3 cup of the Mozzarella cheese.

Repeat layering twice more, beginning with 2 more noodles and following directions in steps 3 and 4. Sprinkle with the Parmesan cheese.

Cover with aluminum foil and bake 30 minutes. Carefully remove the foil, and continue baking about 10 minutes longer or until lasagna is bubbly around the edges and looks very hot. Let stand 10 minutes, so the lasagna will become easier to cut and serve.

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T(Bake):

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Per serving: 415 Calories (kcal); 19g Total Fat; (41% calories from fat); 32g Protein; 29g Carbohydrate; 66mg Cholesterol; 849mg Sodium  
Food Exchanges: 1 Grain(Starch); 4 Lean Meat; 2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Let stand: 10 minutes

Essential Equipment: 10-inch skillet; 8- or 9-inch square pan

Tips

To make ahead, assemble the lasagna, but do not bake it. Cover with aluminum foil and refrigerate no longer than 24 hours. Bake as directed in step 6, increasing the first bake time to 40 minutes.

You can substitute Ricotta cheese for the cottage cheese. Ricotta is drier in texture than cottage cheese. Look for it in the dairy case near the cottage cheese.

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\* Exported from MasterCook \*

## Ranch Chicken

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
4		skinless, boneless chicken breast halves (about 1/4 pound each)
1/4	cup	ranch dressing
1/3	cup	seasoned dry bread crumbs
2	tablespoons	olive or vegetable oil

If the chicken is frozen, place it in the refrigerator the night before you plan to use it or for at least 12 hours. Uncooked frozen chicken can be thawed in the microwave oven, following the microwave manufacturer's directions. Cut and discard fat from chicken with kitchen scissors or knife. Rinse chicken under cold water, and pat dry with paper towels.

Pour the dressing into the shallow bowl or pie pan. Place the bread crumbs on waxed paper or a plate.

Dip the chicken, one piece at a time, into the dressing, coating all sides. Then coat all sides with bread crumbs.

Heat the oil in the skillet over medium-high heat 1 to 2 minutes. Cook chicken in oil 12 to 15 minutes, turning chicken over once with tongs, until outside is golden brown and the juice is no longer pink when you cut into the center of the thickest pieces. If the chicken sticks to the pan, loosen it gently with a turner or fork.

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T(Cook):

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Per serving: 303 Calories (kcal); 16g Total Fat; (49% calories from fat); 29g Protein; 8g Carbohydrate; 71mg Cholesterol; 509mg Sodium

Food Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with a big bowl of cooked pasta sprinkled with olive oil, grated Parmesan cheese and chopped fresh oregano. Round out the meal with a marinated-vegetable salad from the deli.

NOTES : Essential Equipment: shallow bowl or pie pan; 10- or 12-inch nonstick skillet

Tip

You can use reduced-fat ranch dressing in this recipe.

Nutr. Assoc. : 4944 4681 4866 986

\* Exported from MasterCook \*

Roast Turkey

Recipe By :  
Serving Size : 0 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes Thanksgiving Dinner

Amount	Measure	Ingredient -- Preparation Method
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Select a turkey that is plump and meaty with smooth, moist-looking skin. The skin should be creamy colored. The cut ends of the bones should be pink to red in color.

If the turkey is frozen, thaw it slowly in the refrigerator, in cold water or quickly in the microwave, following the manufacturer's directions. A turkey weighing 8 to 12 pounds will thaw in about 2 days in the refrigerator. A turkey weighing 20 to 24 pounds will thaw in about 5 days in the refrigerator. A whole frozen turkey can be safely thawed in cold water. Leave the turkey in its original wrap, free from tears or holes. Place in cold water, allowing 30 minutes per pound for thawing, and change the water often.

Remove the package of giblets (gizzard, heart and neck), if present, from the neck cavity of the turkey, and discard. Rinse the cavity, or inside of the turkey, with cool water; pat dry with paper towels. Rub the cavity of turkey lightly with salt if desired. Do not salt the cavity if you will be stuffing the turkey.

Stuff the turkey just before roasting-not ahead of time. See Bread Stuffing. Fill the wishbone area (the neck) with stuffing first. Fasten the neck skin to the back of the turkey with a skewer. Fold the wings across the back so the tips are touching.

Place the turkey, breast side up, on a rack in a shallow roasting pan. Brush with melted margarine or butter. It is not necessary to add water or to cover the turkey. Place a meat thermometer in the thickest part of thigh muscle, so thermometer does not touch bone. Follow Timetable (below)

for approximate roasting time. Place a tent of aluminum foil loosely over the turkey when it begins to turn golden. When two thirds done, cut the band or remove the skewer holding the drumsticks; this will allow the interior part of the thighs to cook through.

Roast until the thermometer reads 180° (for a whole turkey) and the juice is no longer pink when you cut into the center of the thigh. The drumstick should move easily when lifted or twisted. When the turkey is done, remove it from the oven and let it stand about 15 minutes for easiest carving. Keep turkey covered with aluminum foil so it will stay warm.

#### TIMETABLE FOR ROASTING TURKEY (Stuffed Whole Turkey)

Ready-To Cook Weight	Oven Temperature	Roasting Time*
8 to 12 pounds hours	325°	3 to 3 1/2
12 to 14 pounds hours	325°	3 1/2 to 4
14 to 18 pounds hours	325°	4 to 4 1/4
18 to 20 pounds hours	325°	4 1/2 to 4 3/4
20 to 24 pounds hours	325°	4 3/4 to 5 1/4

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. :

\* Exported from MasterCook \*

Roasted Garlic

Recipe By :  
Serving Size : 2 Preparation Time :0:00

Amount	Measure	Ingredient -- Preparation Method
1		garlic bulb (1 to 4 bulbs)
2	teaspoons	olive or vegetable oil for each garlic bulb
		Salt and pepper to taste
		Sliced French bread, if desired

Heat the oven to 350°.

Carefully peel the paperlike skin from around each bulb of garlic, leaving just enough to hold the cloves together. Cut a 1/4- to 1/2-inch slice from the top of each bulb to expose the cloves. Place bulb, cut side up, on a 12-inch square of aluminum foil.

Drizzle 2 teaspoons oil over each bulb. Sprinkle with salt and pepper. Wrap foil securely around the bulb. Place in the baking pan or pie plate.

Bake 45 to 50 minutes or until garlic is tender when pierced with a toothpick or fork. Cool slightly. To serve, gently squeeze one end of each clove to release the roasted garlic. Spread on slices of bread.

Makes 2 to 8 servings

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Description:

"Garlic becomes rich and mellow when roasted."

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T(Bake):

"0:50"

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Per serving: 70 Calories (kcal); 5g Total Fat; (56% calories from fat); 1g Protein; 7g Carbohydrate; 0mg Cholesterol; 3mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: aluminum foil; baking pan or pie plate

Tip

Garlic bulbs, sometimes called "heads" of garlic, are made up of as many as fifteen sections called "cloves," each of which is

covered with a thin skin. You can find garlic bulbs in the produce section of the supermarket.

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\* Exported from MasterCook \*

### Roasted Red Potatoes

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Potatoes Side Dishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	red potatoes (about 12 small)
2	medium	green onions with tops
2	tablespoons	olive or vegetable oil
2	tablespoons	chopped fresh rosemary
		OR
2	teaspoons	dried rosemary leaves -- crumbled

Heat the oven to 350°.

Scrub the potatoes thoroughly with a vegetable brush to remove all the dirt.

Peel and slice the green onions.

Place the potatoes in the ungreased pan. Drizzle the oil over the potatoes, and turn potatoes so all sides are coated.

Sprinkle the onions and rosemary over the potatoes, and stir the potatoes.

Bake uncovered about 1 hour 15 minutes, stirring occasionally, until potatoes are tender when pierced with a fork.

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T(Cook):

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Per serving: 198 Calories (kcal); 7g Total Fat; (30% calories from fat); 4g Protein; 31g Carbohydrate; 0mg Cholesterol; 12mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: baking pan, such as 8- or 9-inch square or 13 x 9-inch rectangle

#### Tips

Most small red potatoes are about 2 inches in diameter. If they are much bigger, cut them in half so they will roast more quickly.

Leftover roasted potatoes can be cut into pieces and panfried for quick fried potatoes. To panfry, cook potato pieces in a small amount of oil over medium heat, stirring occasionally, until hot.

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\* Exported from MasterCook \*

### Roasted Vegetables

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	medium	red or green bell pepper
1	medium	onion
1	medium	zucchini
1/4	pound	mushrooms
		Olive oil-flavored or regular cooking spray
1/4	teaspoon	salt
1/8	teaspoon	pepper
2	tablespoons	chopped fresh basil
		OR
2	teaspoons	dried basil leaves, if desired

Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Cut each half lengthwise into 4 strips.

Peel the onion, and cut in half. Wrap one half of onion, and refrigerate for another use. Cut remaining half into 4 wedges, then separate into pieces.

Cut the zucchini crosswise into 1-inch pieces. Cut off and discard the end of each mushroom stem, and leave the mushrooms whole.

Heat the oven to 425°. Spray the bottom of the pan with cooking spray. Arrange the vegetables in a single layer in the sprayed pan. Spray the vegetables with cooking spray until lightly coated. Sprinkle with salt, pepper and basil.



Bake uncovered 15 minutes. Remove the pan from the oven. Turn vegetables over. Bake uncovered about 10 minutes longer or until vegetables are crisp-tender when pierced with a fork.

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T(Bake):

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Per serving: 33 Calories (kcal); trace Total Fat; (6% calories from fat); 2g Protein; 7g Carbohydrate; 0mg Cholesterol; 137mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: rectangular pan (about 13 × 9 inches)

#### Tips

In many supermarkets, you can buy mushrooms that have not been prepackaged. Just buy as many as you need.

Remove the pan of vegetables from the oven when it's time to turn them over. Place pan on a heatproof surface such as the burners of your range, and close the oven door to retain the heat.

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\* Exported from MasterCook \*

### Shrimp Scampi

Recipe By :

Serving Size : 2 Preparation Time :0:00

Categories : Chapter 3

Poultry & Seafood Main Dishes

Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
3/4	pound	uncooked peeled and cleaned medium shrimp
1	medium	green onion with top
1	clove	garlic
4	ounces	uncooked fettuccine
1	tablespoon	olive or vegetable oil

2	teaspoons	chopped fresh basil
		OR
1/2	teaspoon	dried basil leaves
2	teaspoons	chopped fresh parsley
		OR
3/4	teaspoon	parsley flakes
1	tablespoon	lemon juice
1/8	teaspoon	salt
		Grated Parmesan cheese -- if desired

Fill the saucepan about half full of water. Add 1/4 teaspoon salt if desired. Cover and heat over high heat until the water is boiling rapidly. While water is heating, continue with the recipe.

Rinse the shrimp with cool water, and pat dry with paper towels. If the shrimp have tails, remove tails with knife. Peel the green onion, and cut into 1/4-inch slices. Peel and finely chop the garlic.

Once the water is boiling, add the fettuccine and stir to prevent sticking. Heat to boiling again. Boil uncovered 10 to 13 minutes, stirring frequently, until tender.

When fettuccine has been cooking for 5 minutes, heat the oil in the skillet over medium heat 1 to 2 minutes. Cook the shrimp, onion, garlic, basil, parsley, lemon juice and salt in the oil 2 to 3 minutes, stirring frequently, until shrimp are pink and firm. Do not overcook the shrimp or they will become tough. Remove the skillet from the heat.

Drain the fettuccine in a strainer or colander. Toss fettuccine and shrimp mixture in skillet. Sprinkle with cheese.

Makes 2 or 3 servings

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T(Cook):

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Per serving: 458 Calories (kcal); 11g Total Fat; (21% calories from fat); 42g Protein; 46g Carbohydrate; 259mg Cholesterol; 391mg Sodium  
Food Exchanges: 3 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 3-quart saucepan; 10-inch skillet

Tip

If you use fresh fettuccine instead of dried, it will cook much faster. You will need to start the shrimp as soon as the fettuccine begins to cook.

Shrimp is very perishable. Store it uncooked in refrigerator no longer than 1 to 2 days.

Nutr. Assoc. : 4125 26402 0 3274 986 0 0 2130706543 0 0 2130706543 0 0 0

\* Exported from MasterCook \*

Sole with Almonds

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
		Vegetable oil for greasing pan
1	pound	sole or other lean fish fillets -- about 3/4 inch thick
1/3	cup	sliced almonds
		OR
1/3	cup	chopped walnuts
3	tablespoons	margarine or butter at room temperature
1 1/2	tablespoons	grated lemon peel
1 1/2	tablespoons	lemon juice
1/2	teaspoon	salt
1/2	teaspoon	paprika

Heat the oven to 375°. Grease the bottom of the baking pan with the oil.

Cut the fish fillets into 4 serving pieces if needed. Place the pieces, skin sides down, in the greased pan.

Mix the almonds, margarine, lemon peel (grate the lemon peel by rubbing the lemon across the small rough holes of a grater), lemon juice, salt and paprika. Spoon this mixture over the fish.

Bake uncovered 15 to 20 minutes or until the fish flakes easily with a fork. You can test fish for doneness by placing a fork in the thickest part of the fish, then gently twisting the fork. The fish will flake easily when it's done.

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T(Bake):

"0:15"

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Per serving: 235 Calories (kcal); 16g Total Fat; (59% calories from fat); 22g Protein; 2g Carbohydrate; 53mg Cholesterol; 449mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with Green Beans (see Green and Yellow Wax Beans recipe) and packaged rice pilaf for an easy and impressive dinner ready in one hour.

NOTES : Essential Equipment: shallow baking pan, such as 11 x 7-inch rectangle or 9-inch square

Lighter Sole with Almonds: For 9 grams of fat and 170 calories per serving, decrease almonds to 2 tablespoons and margarine to 2 tablespoons.

Tip

Grate only the yellow portion, or the "zest," of the lemon peel. The bright yellow peel provides the best flavor without bitterness. Also, grate the lemon peel before you squeeze the lemon for juice.

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\* Exported from MasterCook \*

#### South-of-the-Border Wraps

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 4 Meatless Main Dishes  
Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	(8 ounce) can	kidney beans
1	(8 ounce) can	whole kernel corn
1	small	bell pepper
1/2	cup	chunky-style salsa
1	tablespoon	chopped fresh cilantro or parsley
4		flour tortillas (8 to 10 inches in diameter)
1/2	cup	shredded Cheddar cheese (2 ounces)

Drain the kidney beans in a strainer, rinse with cool water and place in a bowl. Drain the corn in a strainer.

Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Chop enough of the bell pepper to measure 1/4 cup. Wrap and refrigerate any remaining bell pepper.

Mix the beans, corn, bell pepper, salsa and cilantro.

Place the tortillas on a clean counter or on waxed paper. Spread about 1/2 cup of the bean mixture over each tortilla to within 1 inch of the edge. Sprinkle 2 tablespoons cheese over each tortilla.

Fold opposite sides of each tortilla up toward the center about 1 inch over the filling-the sides will not meet in the center. Roll up tortilla, beginning at one of the open ends. Place wraps, seam sides down, in the microwavable dish.

Microwave uncovered on High 1 minute. Rotate dish 1/4 turn. Microwave 1 minute to 1 minute 30 seconds longer.

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T (Cook) :

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DropBooks

Per serving: 315 Calories (kcal); 9g Total Fat; (24% calories from fat); 13g Protein; 49g Carbohydrate; 15mg Cholesterol; 781mg Sodium  
Food Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 9-inch square microwavable dish or dinner plate

Tip

If you have leftover rice from another dinner, stir 1/2 cup of it into the filling for these wraps.

Nutr. Assoc. : 3815 26006 0 1325 20056 1666 4922

\* Exported from MasterCook \*

### Spanish Rice

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes

Amount	Measure	Ingredient	-- Preparation Method
--------	---------	------------	-----------------------

1	medium	onion
1	small	green bell pepper
2	tablespoons	vegetable oil
1	cup	uncooked regular long-grain white rice
2 1/2	cups	water
1	teaspoon	salt
3/4	teaspoon	chili powder
1/8	teaspoon	garlic powder
1	(8 ounce) can	tomato sauce

Peel and chop the onion. Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Chop the bell pepper.

Heat the oil in the skillet over medium heat 1 to 2 minutes. Cook the onion and uncooked rice in the oil about 5 minutes, stirring frequently, until rice is golden brown.

Remove the skillet from the heat. Stir in the bell pepper, water, salt, chili powder, garlic powder and tomato sauce. Heat to boiling over high heat, stirring occasionally.

Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook about 25 minutes, stirring occasionally, until rice is tender and tomato sauce is absorbed. You may have to lower the heat as the mixture becomes thicker.

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T(Cook):

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Per serving: 266 Calories (kcal); 7g Total Fat; (24% calories from fat); 5g Protein; 46g Carbohydrate; 0mg Cholesterol; 889mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with warmed tortillas or toasted pita bread wedges and, for dessert, cool sherbet or sorbet.

NOTES : Essential Equipment: large skillet (about 10-inch size)

Tips

For extra flavor, sprinkle 1/4 cup shredded Cheddar cheese over

Spanish Rice just before serving.

Nutr. Assoc. : 0 0 0 20107 0 0 0 0 0

\* Exported from MasterCook \*

### Spinach Dip in Bread Bowl

Recipe By :  
Serving Size : 72 Preparation Time :0:00  
Categories : Appetizers Chapter 6  
Dips & Salsas Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
2	(10 ounce) packages	frozen chopped spinach -- thawed
1	(8 ounce) can	sliced water chestnuts
9	medium	green onions with tops
1	clove	garlic
1	cup	sour cream
1	cup	plain yogurt
2	teaspoons	chopped fresh tarragon
		OR
1/2	teaspoon	dried tarragon leaves
1/2	teaspoon	salt
1/2	teaspoon	ground mustard (dry)
1/4	teaspoon	pepper
1	pound	unsliced round bread loaf

DropBooks

Drain the thawed spinach in a strainer, then squeeze out the excess moisture from the spinach, using paper towels or a clean kitchen towel, until the spinach is dry. Place in a large bowl.

Drain the water chestnuts in a strainer. Chop them into small pieces, and add to the bowl.

Peel and chop the green onions. You will need about 1 cup. Add the onions to the bowl. Peel and crush the garlic, and add to the bowl.

Add the sour cream, yogurt, tarragon, salt, mustard and pepper to the bowl. Mix all ingredients thoroughly. Cover and refrigerate at least 1 hour to blend flavors.

Just before serving, cut a 1- to 2-inch slice from the top of the loaf of bread. Hollow out the loaf by cutting along the edge with a serrated knife, leaving about a 1-inch shell, and pulling out large chunks of bread. Cut or tear the top slice and the hollowed-out bread into bite-size pieces.

Fill the bread loaf with the spinach dip, and place on the serving plate. Arrange the bread pieces around the loaf to use for dipping.

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Yield:

"4 1/2 cups"

T(Refrigerate):

"1:00"

- - - - -

Per serving: 30 Calories (kcal); 1g Total Fat; (29% calories from fat); 1g Protein; 4g Carbohydrate; 2mg Cholesterol; 63mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: serving plate

Lighter Spinach Dip: For 0 grams of fat and 25 calories per serving, substitute 1/2 cup reduced-fat sour cream for the 1 cup sour cream and 1 1/2 cups plain fat-free yogurt for the 1 cup yogurt.

Tips

A loaf of rye bread looks nice filled with the Spinach Dip, but white, whole wheat and multigrain breads also taste delicious with this snack.

Place the frozen spinach in the refrigerator the day before you need it so it can thaw, or thaw it in the microwave.

Nutr. Assoc. : 20077 1586 26402 0 0 0 0 0 2130706543 0 518 0 5049

\* Exported from MasterCook \*

### Spinach-Strawberry Salad

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Salads

Amount	Measure	Ingredient -- Preparation Method
		Honey-Dijon Dressing (below)
1	small	jicama
2		kiwifruit
1 1/2	pint	strawberries (1 cup)
7	cups	ready-to-eat spinach (from 10-ounce bag) -- (7 to 8 cups)
1	cup	alfalfa sprouts



#### HONEY-DIJON DRESSING

2	tablespoons	vegetable oil
2	tablespoons	honey
2	tablespoons	orange juice
1	tablespoon	seasoned rice vinegar or white vinegar
1	teaspoon	poppy seed -- if desired
2	teaspoons	Dijon mustard

Prepare Honey-Dijon Dressing (below).

Peel the jicama, removing the brown skin and a thin layer of the flesh just under the skin. The skin can sometimes be slightly tough. Cut about half of the jicama into about 1 × 1/4-inch sticks to measure about 3/4 cup. Wrap remaining jicama, and refrigerate for another use.

Peel the kiwifruit. Cut lengthwise in half, then cut into slices.

Rinse the strawberries with cool water, and pat dry. Remove the leaves, and cut the berries lengthwise into slices.

Remove the stems from the spinach leaves, and tear any large leaves into bite-size pieces. Place the spinach, strawberries, alfalfa sprouts, jicama sticks and kiwifruit slices in the bowl. Pour the dressing over the salad ingredients, and toss with 2 large spoons or salad tongs. To keep salad crisp, serve immediately.

#### HONEY-DIJON DRESSING:

Shake all ingredients in a tightly covered jar or container. Shake again before pouring over salad.

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Per serving: 185 Calories (kcal); 8g Total Fat; (35% calories from fat); 3g Protein; 29g Carbohydrate; 0mg Cholesterol; 80mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Essential Equipment: large salad or mixing bowl

#### Tips

Besides the spinach, packaged mixed salad greens that are already

cleaned and ready to use are available in the produce section of the supermarket. A 10-ounce bag is about 7 cups of greens. The Italian variety is especially pretty.

Leftover jicama can be cut into sticks and served with other raw vegetables for a snack or appetizer.

Nutr. Assoc. : 0 5674 779 1436 3407 0 0 0 0 0 0 4733 1156 0

\* Exported from MasterCook \*

### Stir-Fried Broccoli and Pork

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Beef and Pork Main Dishes Chapter 2  
 Pork Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	pork boneless loin or leg
1	clove	garlic
2	small	onions
1	(8 ounces) can	whole water chestnuts
1	tablespoon	soy sauce
2	teaspoons	cornstarch
1/2	teaspoon	ground red pepper (cayenne)
		Hot Cooked Rice (below)
2	tablespoons	vegetable oil
3	cups	broccoli flowerets
		OR
1	(16 ounce) bag	frozen broccoli cuts -- thawed
1/4	cup	chicken broth
1/2	cup	peanuts
		HOT COOKED RICE
1	cup	uncooked regular long-grain white rice
2	cups	water

Cut and discard most of the fat from the pork. Cut pork into 2 x 1 x 1/8-inch slices. Peel and finely chop the garlic. Peel the onions, and cut each into 8 pieces; set aside. Drain the water chestnuts in a strainer.

To make a marinade, mix the garlic, soy sauce, cornstarch and red pepper in a glass or plastic bowl. Stir in pork. Cover and refrigerate 20 minutes. (For easier marinating, use a resealable plastic bag. The bag makes it much easier to turn the pork to coat all sides)

While the pork is marinating, prepare Hot Cooked Rice.

About 10 minutes before rice is done, heat the skillet over high heat 1 to 2 minutes. Add the oil to the hot skillet, then the pork. Stir-fry with a turner or large spoon 5 to 6 minutes, lifting and stirring constantly, until pork is no longer pink. (Because stir-frying is done over high heat, you must constantly lift and turn the pork to prevent scorching and to cook evenly.)

Add the onions, broccoli and water chestnuts to pork mixture. Stir-fry 2 minutes.

Stir in the broth, and heat to boiling over high heat. Stir in the peanuts. Serve pork mixture with rice.

#### HOT COOKED RICE:

Heat the rice and water to boiling in the saucepan over high heat, stirring occasionally to prevent sticking. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook about 15 minutes or until rice is fluffy and tender.

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T(Cook):

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Per serving: 576 Calories (kcal); 24g Total Fat; (36% calories from fat); 36g Protein; 57g Carbohydrate; 73mg Cholesterol; 404mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 3 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

NOTES : Refrigerate: 20 minutes

Essential Equipment: 2-quart saucepan; 12-inch skillet or wok

#### Tips

Save a few minutes by buying broccoli at the salad bar. It's already cut up, and you can buy only what you need.

For more flavor and variety, substitute fried rice from the deli or frozen food case for the Hot Cooked Rice.

Nutr. Assoc. : 2311 0 4987 1586 0 0 3624 2130706543 0 2130706543 0 3439 0  
0 0 0 20107 0

\* Exported from MasterCook \*

#### Stir-Fried Green Beans and Pepper

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	green beans
1	medium	yellow or red bell pepper
1/4	cup	water
1	tablespoon	vegetable oil
2	teaspoons	chopped fresh marjoram
		OR
1/2	teaspoon	dried marjoram leaves

Cut off ends of green beans and discard. Cut beans crosswise in half.

Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Cut bell pepper into 1/2-inch pieces.

Heat the water and beans to boiling in the skillet over high heat. Reduce heat just enough so water bubbles gently. Cover and cook about 5 minutes or until beans are crisp-tender when pierced with a fork. Larger, more mature beans will need to cook longer than young, small beans. If necessary, drain off any excess water.

Add the bell pepper and oil to the beans in the skillet. Increase heat to medium-high. Stir-fry with a turner or large spoon about 2 minutes, lifting and stirring constantly, until bell pepper is crisp-tender when pierced with a fork. Stir in marjoram.

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T(Cook):

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Per serving: 54 Calories (kcal); 4g Total Fat; (53% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 10-inch skillet

Tips

To do ahead, wash and cut up green beans and bell pepper. Store airtight in refrigerator until needed.

Drain any remaining water from the beans by pouring them into a strainer or colander. Then return them to the skillet.

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\* Exported from MasterCook \*

### Stir-Fried Scallops with Broccoli and Mushrooms

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Seafood Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	broccoli
1/4	pound	mushrooms
1	pound	scallops
1	(2 ounce) jar	sliced pimientos
		Hot Cooked Rice -- (below)
2	tablespoons	margarine or butter
1	(10 1/2 ounce) can	condensed chicken broth
3	tablespoons	cornstarch
2	teaspoons	soy sauce

HOT COOKED RICE

1	cup	uncooked regular long-grain white rice
2	cups	water

Trim the large leaves from the broccoli, and cut off any tough ends of lower stems. Rinse broccoli with cool water. Cut stems and flowerets into bite-sized pieces. Cut stem ends from the mushrooms, and cut the mushrooms into 1/4-inch slices.

If the scallops are larger than 1 inch in diameter, cut each in half. Rinse with cool water, and pat dry with paper towels. Drain the pimientos in a strainer.

Prepare Hot Cooked Rice. While the rice is cooking, continue with the recipe.

Melt the margarine in the 3-quart saucepan over medium heat. Cook the mushrooms in the margarine about 5 minutes, stirring frequently, until tender when pierced with a fork.

Stir in the scallops, broccoli and pimientos. Cook 3 to 4 minutes, stirring frequently, until scallops are white. Scallops are very tender and cook quickly, turning white and opaque when they are done. Longer cooking results in tough scallops. Remove the saucepan from the heat.

Gradually stir the chicken broth into the cornstarch until the mixture is smooth. Stir the broth mixture and soy sauce into the scallop mixture. Heat to boiling over high heat, stirring constantly. Continue boiling 1 minute, stirring constantly. Serve over rice.

Hot Cooked Rice:

Heat the rice and water to boiling in the 2-quart saucepan over high heat, stirring occasionally to prevent sticking. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook about 15 minutes or until rice is fluffy and tender.

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T(Cook):

"0:10"

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Per serving: 376 Calories (kcal); 8g Total Fat; (18% calories from fat); 26g Protein; 50g Carbohydrate; 37mg Cholesterol; 676mg Sodium  
Food Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with a fruit salad of sliced bananas and halved strawberries drizzled with a tablespoon of orange or pineapple juice.

NOTES : Essential Equipment: 2-quart saucepan; 3-quart saucepan or 12-inch skillet

Tips

To save time, buy broccoli and mushrooms that are already cleaned and sliced at the salad bar.

Nutr. Assoc. : 0 4196 3871 4487 2130706543 4098 327 0 0 0 0 20107 0

\* Exported from MasterCook \*

Strawberry Shortcakes

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 6 Desserts  
Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
1	quart	strawberries (4 cups)
1/2	cup	sugar
2	cups	all-purpose flour

2	tablespoons	sugar
3	teaspoons	baking powder
1	teaspoon	salt
1/3	cup	shortening
3/4	cup	milk
		Sweetened Whipped Cream -- (below)
		OR
1 1/2	cups	frozen (thawed) whipped topping -- if desired
		SWEETENED WHIPPED CREAM
3/4	cup	whipping (heavy) cream
2	tablespoons	granulated or powdered sugar

Wash strawberries, and dry on paper towels. Cut out the hull, or "cap," with the point of a paring knife. Cut the strawberries lengthwise into slices. Mix sliced strawberries and 1/2 cup sugar in a large bowl. Let stand 1 hour.

Heat the oven to 450°.

Mix the flour, 2 tablespoons sugar, the baking powder and salt in a medium bowl. Cut the shortening into the flour mixture, using a pastry blender or crisscrossing 2 knives, until the mixture looks like fine crumbs.

Stir the milk into the crumb mixture just until blended and a dough forms. If the crumb mixture is not completely moistened, stir in an additional 1 to 3 teaspoons milk. Drop the dough by 6 spoonfuls onto the ungreased cookie sheet.

Bake 10 to 12 minutes or until golden brown.

Just before serving, prepare Sweetened Whipped Cream (below). Split warm or cool shortcakes horizontally. Spoon whipped cream and strawberries over bottoms of shortcakes. Top with tops of shortcakes and additional whipped cream and strawberries.

#### SWEETENED WHIPPED CREAM:

Beat the whipping cream and sugar in a chilled medium bowl with the electric mixer on high speed until stiff peaks form. Serve immediately.

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T(Bake):

"0:12"

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Per serving: 386 Calories (kcal); 13g Total Fat; (30% calories from fat); 6g Protein; 62g Carbohydrate; 4mg Cholesterol; 616mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : Let stand: 1 hour  
Essential Equipment: cookie sheet; electric mixer or hand beater

Tips  
Wash strawberries just before you plan to use them.

The whipping cream will beat up more easily if the bowl and beaters for the mixer are chilled in the refrigerator for about 20 minutes before beating.

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2130706543

\* Exported from MasterCook \*

### Strawberry Smoothie

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Beverages Chapter 6  
Desserts Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
2	cups	strawberries (1 pint)
1	cup	milk
2	(6 ounce) containers	strawberry yogurt (2/3 cup)

Reserve 4 strawberries for the garnish. Cut out the hull, or "cap," from the remaining strawberries with the point of a paring knife.

Place strawberries, milk and yogurt in a blender. Cover and blend on high speed about 30 seconds or until smooth.

Pour mixture into 4 glasses. Garnish each with a strawberry.

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Per serving: 163 Calories (kcal); 5g Total Fat; (26% calories from fat); 6g Protein; 25g Carbohydrate; 12mg Cholesterol; 79mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : Essential Equipment: blender

Tip

Leave the green leaves on the strawberries that will be used to garnish the Strawberry Smoothie.

Nutr. Assoc. : 20229 0 5152

\* Exported from MasterCook \*

Stuffed Pasta Shells

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Chapter 4 Pasta  
Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
12		uncooked jumbo pasta shells
1	medium	onion
1	pound	lean ground beef
1 1/2	teaspoons	chili powder
1	(3 ounce) package	cream cheese at room temperature
1/4	cup	taco sauce
		Cooking spray
1/2	cup	taco sauce
1	cup	shredded Colby-Monterey Jack cheese (4 ounces)
1/2	cup	crushed corn chips
4	medium	green onions with tops
1/2	cup	sour cream

Fill the Dutch oven about half full of water. Add 1/2 teaspoon salt if desired. Cover and heat over high heat until the water is boiling rapidly. Add the pasta shells. Heat to boiling again. Boil uncovered 11 to 13 minutes, stirring frequently, until tender. While the water is heating and the pasta shells are cooking, continue with the recipe.

Peel and chop the onion. Cook the ground beef and onion in the skillet over medium-high heat 5 to 6 minutes, stirring occasionally, until beef is brown; drain.

Stir the chili powder, cream cheese and 1/4 cup taco sauce into the beef in the skillet. Heat over medium-low heat 2 to 3 minutes, stirring occasionally, until cheese is melted. Remove the skillet from the heat.

Heat the oven to 350°. Spray the square pan with cooking spray.

Drain the pasta shells in a strainer or colander. Fill the shells with the beef mixture, using about 2 tablespoons for each shell. Place filled shells in the sprayed pan. Pour 1/2 cup taco sauce over the shells.

Cover with aluminum foil and bake 20 minutes. Remove the pan from the oven. Sprinkle the Colby-Monterey Jack cheese and corn chips over the shells. Bake uncovered about 10 minutes longer or until cheese is melted. Peel and slice the green onions. Garnish pasta shells with sour cream and green onions.

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T(Bake) :

"0:30"

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Per serving: 425 Calories (kcal); 31g Total Fat; (65% calories from fat); 17g Protein; 20g Carbohydrate; 88mg Cholesterol; 262mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

NOTES : Cook: 12 minutes

Essential Equipment: Dutch oven (about 4-quart size); large skillet (about 10-inch size); 8- or 9-inch square pan or baking dish

Lighter Stuffed Pasta Shells: For 24 grams of fat and 540 calories per serving, use 1 pound lean ground turkey instead of the ground beef and use reduced-fat cream cheese (Neufchâtel), available in 8-ounce packages.

Tips

Be sure to purchase jumbo-size pasta shells, so they'll hold all the filling. Shells also come in small and medium sizes.

To do ahead, cover and refrigerate pan of unbaked stuffed pasta shells up to 24 hours. Increase first bake time to 25 minutes.

Nutr. Assoc. : 900315 0 3605 0 473 0 0 0 971 0 3585 0

\* Exported from MasterCook \*

Succulent Pork Chops — Three Ways

Recipe By :  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Beef and Pork Main Dishes Chapter 2  
 Pork Main Dishes

Amount	Measure	Ingredient -- Preparation Method
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# TYPES OF PORK:

Loin or Rib Chop

Loin Chop, boneless

Blade Chop

## BROILING OR GRILLING PORK CHOPS

1. Select pork chop from those shown in the photos.

2a. To Broil: You may need to move the oven rack so it is 5 to 6 inches below the broiler. Set the oven control to broil.

2b. To Grill: Prepare the coals or a gas grill for direct heat. Heat to medium heat, which will take about 40 minutes for charcoal or about 10 minutes for a gas grill.

3a. To Broil: Place pork chop on the rack in a broiler pan. (For easy cleanup, line the bottom of the broiler pan with aluminum foil before placing pork on rack.) Place in oven with the top of the pork chop the number of inches from heat listed in the chart.

3b. To Grill: Place pork chop on the grill the number of inches from heat listed in the chart.

4. Broil or Grill uncovered for about half the time listed in the chart or until pork chop is brown on one side.

5. Turn the pork chop and continue cooking until the doneness listed in the chart.\* To check doneness, cut a small slit in the center of boneless cuts or in the center near the bone of bone-in cuts. Medium pork is slightly pink in center. Well-done pork is no longer pink in center. Or insert a meat thermometer in the center of the pork chop to check for desired doneness. Sprinkle salt and pepper over both sides of pork chop after cooking if desired. Serve immediately.

## TIMETABLE FOR BROILING OR GRILLING PORK CHOPS

BROILING PORK CUT (MIN)	GRILLING THICKNESS TIME (MIN)	INCHES		
		APPROXIMATE HEAT	TOTAL FROM DONENESS	TOTAL TIME

Loin or Rib Chops 8 to 11	3/4 inch 6 to 8	3 to 4	160° (medium)
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(boneless)	1 1/2 inches	3 to 4	160° (medium)
19 to 22	12 to 16		

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Loin Chop (boneless)	1 inch	3 to 4	160° (medium)
11 to 13	8 to 10		

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Blade Chop	3/4 inch	3 to 4	170° (medium)
13 to 15	11 to 13		
(bone-in)	1 1/2 inches	3 to 4	170° (medium)
26 to 29	19 to 22		

---

#### PANFRYING PORK CHOPS

1. Select pork chop from those shown in the photos.
2. If the pork is very lean and has little fat, coat a heavy skillet or frying pan with a small amount of vegetable oil, or spray it with cooking spray. Or use a nonstick skillet.
3. Heat the skillet over medium heat 1 to 2 minutes.
4. Place the pork chop in the hot skillet. You do not need to add oil or water or cover the skillet; covering will cause the pork chop to be steamed rather than panfried.
5. Cook for the time listed in the chart, turning pork chop occasionally. If the pork chop has extra fat on it, fat may accumulate in the skillet; remove this fat with a spoon as it accumulates. Cook until brown on both sides and the doneness listed in chart.\* To check doneness, cut a small slit in the center of boneless cuts or in the center near the bone of bone-in cuts. Medium pork is slightly pink in center. Well-done pork is no longer pink in center. Or insert a meat thermometer in the center of the pork chop to check for desired doneness. Sprinkle salt and pepper over both sides of pork chop after cooking if desired. Serve immediately.

#### TIMETABLE FOR PANFRYING PORK CHOPS

##### APPROXIMATE

PORK CUT	THICKNESS IN INCHES	PORK DONENESS	TOTAL COOKING TIME (MIN)
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Loin or Rib Chops (boneless)	1/2	160° (medium)	7 to 8
	1	160° (medium)	12 to

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Loin Chops (boneless)	1/2	160° (medium)	7 to 8
	1	160° (medium)	10 to
12			

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Fresh, lean pork should be grayish pink in color and fine grained in texture.

\*Well-done pork, although a little less juicy, is recommended for some cuts because the pork will be more flavorful.

Nutr. Assoc. :

\* Exported from MasterCook \*

### Teriyaki Chicken Stir-Fry

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	skinless, boneless chicken breast halves
1	tablespoon	vegetable oil
1/2	cup	teriyaki baste and glaze
3	tablespoons	lemon juice
1	(16 ounce) bag	frozen broccoli, carrots and water chestnuts
		Hot Cooked Couscous -- (below)
		HOT COOKED COUSCOUS
2	cups	water
1/2	teaspoon	salt

1            tablespoon olive or vegetable oil  
1 1/2            cups uncooked couscous

If the chicken is frozen, place it in the refrigerator the night before you plan to use it or for at least 12 hours. Cut and discard fat from chicken with kitchen scissors or knife. Rinse chicken under cold water, and pat dry with paper towels. Cut into 1-inch pieces.

Heat the skillet over high heat 1 to 2 minutes. Add the oil to the hot skillet. If using a wok, rotate it to coat the side with oil.

Add the chicken. Stir-fry with a turner or large spoon 3 to 4 minutes, lifting and stirring constantly, until chicken is no longer pink in center.

Stir in the teriyaki glaze, lemon juice and frozen vegetables. Although thawing the vegetables is not necessary, stir them into the chicken mixture to allow them to cook uniformly.

Heat the mixture to boiling over high heat, stirring constantly. Reduce heat just enough so mixture bubbles gently. Cover and cook about 6 minutes or until vegetables are crisp-tender when pierced with a fork.

While chicken mixture is cooking, prepare Hot Cooked Couscous. Serve chicken mixture with couscous.

#### HOT COOKED COUSCOUS:

Heat the water, salt and oil just to boiling in the saucepan over high heat. Stir in the couscous. Cover and remove from heat. Let stand 5 minutes. Use a fork to fluff and lift the couscous after it cooks, which prevents the couscous from clumping and sticking.

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T(Cook):

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Per serving: 504 Calories (kcal); 9g Total Fat; (15% calories from fat); 39g Protein; 64g Carbohydrate; 66mg Cholesterol; 1766mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: 12-inch skillet or wok; 2-quart saucepan

#### Tips

Try a flavored couscous, such as roasted garlic and olive, herbed chicken or wild mushroom.

When cutting raw poultry, use hard-plastic cutting boards. They are less porous than wooden cutting boards and are easily cleaned or washed in a dishwasher.

Nutr. Assoc. : 4944 0 1489 0 1125 2130706543 0 0 0 0 986 449

\* Exported from MasterCook \*

#### Teriyaki Pork Tenderloin

Recipe By :  
Serving Size : 3 Preparation Time :0:00  
Categories : Beef and Pork Main Dishes Chapter 2  
Pork Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	clove	garlic
2	tablespoons	soy sauce
1	tablespoon	water
1	teaspoon	packed brown sugar
2	teaspoons	lemon juice
2	teaspoons	vegetable oil
1/8	teaspoon	coarsely ground pepper
3/4	pound	pork tenderloin (1 whole)
		Cooking spray

Peel and finely chop the garlic. To make a teriyaki marinade, mix the garlic, soy sauce, water, brown sugar, lemon juice, oil and pepper in a shallow glass or plastic dish. Add pork, and turn to coat with marinade. Cover and refrigerate, turning occasionally, at least 1 hour but no longer than 24 hours.

Heat the oven to 425°. Spray the baking pan with cooking spray. Remove the pork from the marinade, and discard marinade. Place pork in the sprayed pan.

Bake uncovered 27 to 30 minutes or until meat thermometer inserted in thickest part of pork reads 160° or pork is slightly pink when you cut into the center. Cut pork crosswise into thin slices.

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed

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T(Bake):

"0:30"

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Per serving: 163 Calories (kcal); 7g Total Fat; (36% calories from fat); 25g Protein; 3g Carbohydrate; 56mg Cholesterol; 737mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with Garlic Mashed Potatoes (see Mashed Potato recipe) and Brown Sugar-Glazed Carrots (see recipe) for an impressive and quick dinner.

NOTES : Refrigerate: 1 hour

Essential Equipment: baking pan, such as 8-inch square or 11 x 7-inch rectangle

For food safety, be sure to use a glass or plastic dish to marinate the pork. Acidic ingredients such as lemon juice can react with a metal pan, causing discoloration of the pan and an off flavor. You also can use a tightly sealed plastic bag for marinating.

Nutr. Assoc. : 0 0 0 0 0 0 0 1239 0

\* Exported from MasterCook \*

### Thyme-Baked Chicken with Vegetables

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Chapter 3

Poultry & Seafood Main Dishes

Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
3	pounds	whole broiler-fryer chicken (3 to 3 1/2 pounds)
6	medium	carrots
4	medium stalk	celery
3	medium	baking potatoes (russet or Idaho) 8 to 10 ounces each
3	medium	onions
2	tablespoons	margarine or butter
1	tablespoon	chopped fresh thyme
		OR
1	teaspoon	dried thyme leaves

Heat the oven to 375°. Rinse the chicken under cold water, and pat dry with paper towels. Pat the inside of the chicken with paper towels. Fold



the wings of chicken across the back so tips are touching. There may be a little resistance, but once they are in this position, they will stay.

Tie the drumsticks to the tail with string, but if the tail is missing, tie the drumsticks together.

Place the chicken, breast side up, in the roasting pan. Insert a meat thermometer so the tip is in the thickest part of inside thigh muscle and does not touch bone. Roast chicken uncovered 45 minutes.

While the chicken is roasting, prepare the vegetables. Peel the carrots, and cut into 1-inch pieces. Cut the celery into 1-inch pieces. Scrub the potatoes thoroughly with a vegetable brush or peel the potatoes, and cut into 1 1/2-inch pieces. Peel the onions, and cut into wedges.

Remove the chicken from the oven. Arrange the carrots, celery, potatoes and onions around the chicken. Melt the margarine. Stir the thyme into the margarine. Drizzle this mixture over the chicken and vegetables.

Cover the chicken and vegetables with aluminum foil and bake 45 to 60 minutes longer or until the thermometer reads 180°, the juice of chicken is no longer pink when you cut into the center of the thigh and the vegetables are tender when pierced with a fork. Another way to test for doneness is to wiggle the drumstick; if it moves easily, the chicken is done.

Remove the vegetables from the pan, and cover with aluminum foil to keep warm while carving the chicken. If you have an ovenproof platter, place the vegetables on the platter, cover with aluminum foil and place in the oven, which has been turned off.

Place chicken on a stable cutting surface, such as a plastic cutting board or platter. Place chicken, breast up and with its legs to your right if you're right-handed or to the left if left-handed. Remove ties from drumsticks. To carve chicken, see Carving the Turkey (see recipe).

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Per serving: 331 Calories (kcal); 11g Total Fat; (29% calories from fat); 27g Protein; 31g Carbohydrate; 79mg Cholesterol; 181mg Sodium  
Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Bake: 1 1/2 to 2 hours

Essential Equipment: shallow roasting pan (about 13 x 9-inch rectangle)

#### Tips

For easy cleanup, use a disposable aluminum pan. For easier handling of the heavy chicken and vegetables, buy a heavy-duty pan or use two lighter-weight pans.

To keep vegetables hot while you are carving the chicken, place them on an ovenproof serving platter or baking pan. Cover with aluminum foil and return to the still-warm oven, which has been turned off.

Nutr. Assoc. : 5829 0 0 5669 0 2394 0 0 2130706543

\* Exported from MasterCook \*

### Tiramisu

Recipe By :

Serving Size : 9 Preparation Time :0:00

Categories : Chapter 6 Desserts  
Snacks and Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	whipping (heavy) cream
1	(8 ounce) package	cream cheese at room temperature
1/2	cup	powdered sugar
2	tablespoons	light rum
		OR
1/2	teaspoon	rum extract
1	(3 ounce) package	ladyfingers (12 ladyfingers)
1/2	cup	cold prepared espresso or strong coffee
2	teaspoons	baking cocoa
		Maraschino cherries with stems for garnish -- if desired

Pour the whipping cream into a medium bowl, and place in the refrigerator to chill. The cream will whip better in a cold bowl.

Beat the cream cheese and powdered sugar in another medium bowl with the electric mixer on medium speed until smooth. Beat in the rum on low speed, and set aside.

Beat the whipping cream on high speed until stiff peaks form. Gently spoon the whipped cream onto the cream cheese mixture. To fold together, use a rubber spatula to cut down vertically through the mixtures, then slide the spatula across the bottom of the bowl and up the side, turning the mixtures over. Rotate the bowl one-fourth turn, and repeat this down-across-up motion. Continue mixing in this way just until ingredients are blended.

Split each ladyfinger horizontally in half. Arrange half of them, cut sides up, over the bottom of the ungreased pan. Drizzle 1/4 cup of the cold espresso over the ladyfingers. Spread half of the cream cheese mixture over ladyfingers.

Arrange the remaining ladyfingers, cut sides up, over the cream cheese mixture. Drizzle with the remaining 1/4 cup cold espresso, and spread with the remaining cream cheese mixture.

Sprinkle the cocoa over the top of the dessert. If you have a small strainer, place the cocoa in the strainer and shake it over the dessert. Otherwise, shake the cocoa from a spoon. Cover and refrigerate about 4 hours or until the filling is firm. Garnish each serving with a cherry.

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T(Refrigerate):

"4:00"

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Per serving: 250 Calories (kcal); 20g Total Fat; (71% calories from fat); 4g Protein; 14g Carbohydrate; 98mg Cholesterol; 99mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 1 Other Carbohydrates

NOTES : Essential Equipment: electric mixer or hand beater; 8-inch square pan or 9-inch round pan

Lighter Tiramisu: For 8 grams of fat and 165 calories per serving, use reduced-fat cream cheese (Neufchâtel) instead of regular cream cheese. Use 2 cups frozen (thawed) reduced-fat whipped topping for the whipping cream.

#### Tips

Ladyfingers are small, oval-shaped cakes usually found in the bakery department or freezer section of the supermarket.

Tiramisu may be frozen; be sure to cover tightly. Allow to thaw several hours in the refrigerator before serving.

Nutr. Assoc. : 1616 473 0 0 0 2130706543 781 2349 2132 0

\* Exported from MasterCook \*

#### Turkey Gravy

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Chapter 3

Poultry & Seafood Main Dishes

## Side Dishes

## Thanksgiving Dinner

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	turkey drippings (fat and juices)
2	tablespoons	all-purpose flour
1	cup	liquid (turkey juices, broth or water)
		Browning sauce, if desired
		Salt and pepper to taste

Place the turkey on a carving board or warm platter, and cover with aluminum foil while preparing gravy. Pan and drippings will be hot, so be careful when handling. Pour drippings from roasting pan into a bowl, leaving the brown particles in the pan. Return 2 tablespoons of the drippings to the roasting pan. Measuring accurately is important because too little fat makes the gravy lumpy and too much fat makes the gravy greasy.

Stir the flour into the drippings in the pan, using a long-handled fork or spoon. Cooking with the roasting pan on top of the burner may be unwieldy, so keep a pot holder handy to steady the pan. Cook over low heat, stirring constantly, until the mixture is smooth and bubbly. As you stir, the brown particles will be loosened from the bottom of the pan; they add more flavor to the gravy. Remove the pan from the heat.

Stir in the 1 cup liquid (turkey juices, broth or water). Heat to boiling over high heat, stirring constantly. Continue boiling 1 minute, stirring constantly. Stir in a few drops of browning sauce if you want the gravy to have a richer, deeper color. Taste the gravy, and add a desired amount of salt and pepper.

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Yield:

"1 cup"

T(Cook):

"0:05"

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Per serving: 72 Calories (kcal); 6g Total Fat; (81% calories from fat); trace Protein; 3g Carbohydrate; 7mg Cholesterol; 2mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: the pan the turkey was roasted in

Tip

This recipe can easily be doubled or tripled if there are enough drippings. Sprinkle carefully with salt and pepper, though; they do not need to be doubled or tripled.

Nutr. Assoc. : 5341 0 1582 2130706543 0

\* Exported from MasterCook \*

Turkey Salad with Fruit

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 3 Poultry & Seafood Main Dishes  
Poultry Main Dishes

Amount	Measure	Ingredient -- Preparation Method
		Mixed salad greens to line salad plates
10	ounces	cooked turkey (about 2 cups cut up)
2	medium stalks	celery
1	medium	green onion with top
1	(11 ounce) can	mandarin orange segments
1	(8 ounce) can	sliced water chestnuts
1	(6 ounce) container	peach, orange or lemon yogurt (2/3 cup)
1/4	teaspoon	ground ginger
1	cup	seedless green grapes

Wash the salad greens, let drain and refrigerate.

Cut the turkey into 1/2-inch pieces. Some pieces will be irregular in shape. Thinly slice the celery. Peel and cut the green onion into 1/8-inch slices. Drain the orange segments and water chestnuts in a strainer.

Mix the yogurt and ginger in the bowl. Stir in the turkey, celery, onion, orange segments, water chestnuts and grapes. Cover and refrigerate at least 2 hours. Arrange salad greens on 4 plates. Top greens with turkey salad.

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T(Refrigerate):

"2:00"

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Per serving: 254 Calories (kcal); 4g Total Fat; (14% calories from fat); 24g Protein; 30g Carbohydrate; 56mg Cholesterol; 105mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 0 Fat; 1/2 Other Carbohydrates

Serving Ideas : Serve with Garlic Bread (see recipe) or toasted pita breads, cut into wedges.

NOTES : Essential Equipment: large serving bowl

Tips

To save time, purchase cooked turkey or chicken at the deli counter of your favorite supermarket.

Nutr. Assoc. : 0 2848 0 26402 26476 1586 1668 0 5279

\* Exported from MasterCook \*

Twice-Baked Potatoes

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 5 On the Side  
Potatoes Side Dishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	large	baking potatoes (russet or Idaho), 8 to 10 ounces each
2	tablespoons	margarine or butter
2	tablespoons	milk (2 to 4 tablespoons)
1/8	teaspoon	salt
	Dash	pepper
1/2	cup	shredded Cheddar cheese (2 ounces)
2	teaspoons	chopped fresh chives, if desired

Heat the oven to 375°. Scrub the potatoes thoroughly with a vegetable brush, but do not peel. Pierce the potatoes on all sides with a fork to allow steam to escape while the potatoes bake. Place potatoes directly on the oven rack. Measure margarine, and let it stand at room temperature to soften.

Bake potatoes 1 hour to 1 hour 15 minutes or until potatoes feel tender when squeezed gently. Be sure to use a pot holder because potatoes will be very hot to the touch.

When potatoes are cool enough to handle, cut them lengthwise in half. Scoop out the insides into a medium bowl, leaving about a 1/4-inch shell in the potato skin.

Increase the temperature of the oven to 400°.

Mash the potatoes with a potato masher or electric mixer until no lumps remain. Add the milk in small amounts, beating after each addition. The amount of milk needed to make potatoes smooth and fluffy depends on the type of potato used.

Add the margarine, salt and pepper. Beat vigorously until potatoes are light and fluffy. Stir in the cheese and chives. Fill the potato shells with the mashed potato mixture. Place on an ungreased cookie sheet. Bake potatoes uncovered about 20 minutes or until hot.

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Per serving: 185 Calories (kcal); 11g Total Fat; (51% calories from fat); 6g Protein; 17g Carbohydrate; 16mg Cholesterol; 230mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Bake: 1 hour 15 minutes for first baking plus 20 minutes for second baking  
Essential Equipment: potato masher or electric mixer; cookie sheet

Tips  
To save time, arrange filled potato shells in a circle on a 10-inch microwavable plate. Cover with waxed paper and microwave on High 6 to 8 minutes, rotating plate 1/2 turn after 3 minutes, until hot.

To do ahead, wrap filled potato shells airtight and refrigerate no longer than 24 hours or freeze no longer than 2 months. Unwrap potatoes and place on cookie sheet. Heat in 400° oven about 30 minutes for refrigerated potatoes, about 40 minutes for frozen potatoes, until hot.

Nutr. Assoc. : 2135 4098 4138 0 0 4922 0

\* Exported from MasterCook \*

### Vegetable Lasagna

Recipe By	:	
Serving Size	:	6 Preparation Time :0:00
Categories	:	Chapter 4 Meatless Main Dishes Pasta Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
1	medium	zucchini
2	cups	spaghetti sauce
1	(10 ounce) package	frozen chopped spinach -- thawed
1 1/2	cups	reduced-fat cottage cheese or Ricotta cheese (12 ounces)
1/3	cup	grated Parmesan cheese
2	tablespoons	chopped fresh oregano
		OR
1 1/2	teaspoons	dried oregano leaves
1	(4 ounce) can	mushroom stems and pieces
8		purchased precooked or oven-ready lasagna noodles (each about 7 x 3 inches)
2	cups	shredded Mozzarella cheese (8 ounces)

Shred the zucchini by rubbing it across the largest holes of a shredder. You will need about 1 cup. Mix the spaghetti sauce and zucchini in a medium bowl.

Drain the thawed spinach in a strainer, then squeeze out the excess moisture from the spinach, using paper towels or a clean kitchen towel, until the spinach is dry.

Mix the spinach, cottage cheese, Parmesan cheese and oregano in a medium bowl. Drain the mushrooms in a strainer. Spread 1/2 cup of the sauce mixture in the ungreased square pan.

Top sauce mixture in pan with 2 noodles, placing them so they do not overlap or touch the sides of the pan because they will expand as they bake. Spread one fourth of the remaining sauce mixture (about 1/2 cup) over the noodles.

Drop one fourth of the spinach mixture by small spoonfuls over the sauce mixture; spread carefully, pulling with the tines of a fork if necessary. Sprinkle with one fourth of the mushrooms and 1/2 cup of the Mozzarella cheese.

Repeat layering three more times, beginning with 2 more noodles and following directions in steps 4 and 5. Cover with plastic wrap and then with aluminum foil and refrigerate up to 24 hours. (The plastic wrap keeps the lasagna from touching the aluminum foil while being refrigerated.)

Heat the oven to 400°. Remove the plastic wrap from the lasagna, then cover the lasagna again with the aluminum foil. Bake 45 minutes. Carefully remove the foil, and continue baking about 10 minutes longer or until lasagna is bubbly around the edges. Remove from oven and let stand 10 minutes, so the lasagna will become easier to cut and serve.

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T(Bake):

"0:55"

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Per serving: 386 Calories (kcal); 16g Total Fat; (36% calories from fat); 24g Protein; 38g Carbohydrate; 40mg Cholesterol; 997mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Let stand: 10 minutes

Essential Equipment: 8-inch or 9-inch square pan or baking dish

#### Tips

To complete the lasagna and serve just after assembling, heat oven to 400°. Cover with aluminum foil and bake as directed in step 7, decreasing the first bake time to 35 minutes.

Precooked or oven-ready lasagna noodles are available with the other dried pastas in the supermarket.

Nutr. Assoc. : 0 0 20077 444 0 0 0 2130706543 2461 5857 26153

\* Exported from MasterCook \*

### Vegetable Tray with Tangy Yogurt Dip

Recipe By :

Serving Size : 16 Preparation Time :0:00

Categories : Appetizers

Dips & Salsas

Snacks and Desserts

Chapter 6

Side Dishes

Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	cup	plain fat-free yogurt
2	tablespoons	chili sauce
1	teaspoon	prepared horseradish
		Assorted Fresh Vegetables (below)
		ASSORTED FRESH VEGETABLES
		Bell pepper strips
		Broccoli flowerets
		Carrot slices or sticks or baby-cut carrots*
		Cauliflowerets
		Celery sticks
		Cherry tomatoes
		Cucumber slices

Jicama sticks  
Snow (Chinese) pea pods or snap pea pods\*\*  
Zucchini sticks

Mix the yogurt, chili sauce and horseradish in a medium bowl. Cover and refrigerate at least 1 hour to blend flavors.

Arrange at least 4 or 5 different raw Assorted Fresh Vegetables on the serving plate. Serve with the dip.

Cut carrots diagonally to make large slices that are easy to dip.

Snap off the stem end of pea pod, and pull the string across the pea to remove it.

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Yield:

"1 cup"

T(Refrigerate):

"1:00"

- - - - -

Per serving: 8 Calories (kcal); trace Total Fat; (3% calories from fat); 1g Protein; 1g Carbohydrate; trace Cholesterol; 12mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: serving plate

\*Cut carrots diagonally to make large slices that are easy to dip.

\*\*Snap off the stem end of pea pod, and pull the string across the pea pod to remove it.

Tips

Taste the dip before serving it, and add another teaspoon of horseradish if you want a stronger flavor.

You can purchase whole baby-cut carrots, broccoli flowerets and cauliflowerets cleaned and ready to eat in the produce section of the supermarket.

Nutr. Assoc. : 20159 0 0 2130706543 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Vegetarian Chili

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Chapter 4 Meatless Main Dishes  
Pasta & Meatless Main Dishes

Amount	Measure	Ingredient -- Preparation Method
10	ounces	potatoes (about 2 medium)
1	medium	onion
1	small	yellow bell pepper
1	(15 ounce) can	garbanzo beans (15 to 16 ounce can)
1	(15 ounce) can	kidney beans (15 to 16 ounce can)
1	(28 ounce) can	whole tomatoes -- undrained
1	(8 ounce) can	tomato sauce
1	tablespoon	chili powder
1	teaspoon	ground cumin
1	medium	zucchini

Scrub the potatoes thoroughly with a vegetable brush, but do not peel. Cut the potatoes into cubes that are 1/2 inch or slightly larger. Peel and chop the onion. Place the potatoes and onion in the Dutch oven.

Cut the bell pepper lengthwise in half, and cut out seeds and membrane. Chop the bell pepper into small pieces. Add to the Dutch oven.

Drain the garbanzo and kidney beans in a strainer, and rinse with cool water. Add to the Dutch oven.

Add the tomatoes with their liquid, the tomato sauce, chili powder and cumin to the Dutch oven. Heat to boiling over high heat, breaking up the tomatoes with a fork and stirring occasionally.

Once chili is boiling, reduce heat just enough so chili bubbles gently. Cover and cook 10 minutes.

While chili is cooking, cut the zucchini into 1/2 inch slices. Stir zucchini into chili. Cover and cook 5 to 7 minutes longer, stirring occasionally, until potatoes and zucchini are tender when pierced with a fork.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

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T(Cook):

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Per serving: 356 Calories (kcal); 3g Total Fat; (6% calories from fat); 16g Protein; 72g Carbohydrate; 0mg Cholesterol; 1350mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Essential Equipment: Dutch oven (about 4-quart size)

Tips

You may notice that zucchini comes in many sizes, with some homegrown ones reaching a foot or more in length. Choose a zucchini between 4 and 8 inches long because it will be younger and more tender than the bigger ones.

Substitute a green or red bell pepper if you can't find a yellow one. The flavor is similar.

Nutr. Assoc. : 4608 0 0 3502 3815 2470 0 0 0 0